

THE NEWCOMER'S GUIDE TO NAVAL AIR STATION SIGONELLA



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Cover photo: Sicily's historical beauty captures the heart of residents and travelers alike. The illustration portrays the vivid presence Mt. Etna resonates in its surrounding communities during a beautiful clear night sky.

Illustration by MC2 Ramon Go

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## Benvenuti a Sigonella!

Welcome to what we hope will become one of the most incredible adventures of your life! While a tour at NAS Sigonella will offer challenges and opportunities that we hope lead to professional satisfaction for those of you employed by this installation, the island's incredible food and culture, it's breathtaking beauty, and the warm and charming people will impart lifetimes of memories for *anyone* choosing to give way to Sicily's intrinsic charms. Since the first U.S. Sailors and civilians first reported here for duty in 1959 it's been commonplace for Americans to arrive in Sigonella unsure of what to expect, only to leave wistful that their time had to end.

While most reading this for the first time are still a ways from such nostalgic yearnings, this publication has been produced so that newcomers may quickly acclimate to their new suroundings, and in doing so get a healthy head start in their Sigonella adventure. Though the base has vast means to help new Sig' Citizens adjust to nuances that accompany life overseas, the *Benvenuti a Sigonella* booklet has been fashioned as a single-bound resource to better familiarize you with how the base con-

ducts its business, ways to enjoy and adjust to life in Sicily, and perhaps most importantly as you flip though this booklet you will discover answers to many of the questions you started asking once it was understood you were heading to the finest installation in the fleet!

You've likely heard many things about duty in Sigonella, and perhaps some of the major upgrades we've recently made to the base. Past concerns about quality of life here led to the Navy's largest improvement initiative and if you were here prior to those renovations, you won't recognize the NAS 1 and NAS 2 sites. Construction of new facilities were completed in 2010 and are now providing a fresh face to the world-class service our employees here have always sought to provide the community. Our civilian and military populations have organized dozens of social, professional, and recreational organizations, so whether you are active duty, a civilian employee, or family member, the installation has many ways to get you connected. Duty in Sicily offers opportunities of a lifetime. This goes for travel, recreation, professional development, education and more. The



Mt. Etna dominates the view from NAS 1 and provides a picturesque background for the Midtown Complex. Photo by MC2 Brian Glunt

key to enjoying a successful tour lies in remembering that living in Sicily is not like living in the United States, or even other parts of Italy for that matter. The customs, culture, and way of life here are significantly different than what you are accustomed to. Such differences include the way in which houses and apartments are constructed; electric power and utilities operate; and shopping, driving and dining differe to name a few of the nuances. Some find it hard to adjust, but embracing the the warmth of the people and their rich culture will help you make the transition. In other words, the key to a successful tour in Sicily lies in your willingness to learn and adapt to the unique aspects to living here. Any move is filled with stress and distractions, and your move here will be no different. Culture shock, jet lag, getting settled, and many other irritants will likely be a part of your PCS experience. Your command and your sponsor will help you adjust and get adjusted. And while you'll likely never be totally prepared for each new aspect about to come your way, coming armed with the correct information should help minimize your worries. Following guidelines and tips in this book can smooth out many of the potential wrinkles in your upcoming move. For the most up-to-date information and all the latest at NAS Sigonella, be sure to check us out on Facebook at: https://www.facebook.com/nassigonella. Once again, *Benvenuti*!

## How to Use This Book

The information contained in these pages is geared toward helping smooth your transition into the Sigonella community, but do not throw it away once you get here! At some point in your tour, you may be asked to sponsor a new arrival. This information and your experience can certainly go a long way in helping someone else adapt to life in Sicily.

The Internet is full of valuable resources for those who are new to Sigonella, and the CNIC webpage is a great place to start. You can access base information, information about your specific command, job opportunities and more at www.cnic.navy.mil/sigonella. For specific information that pertains to your situation or your specific command, rely on your sponsor, who can give you the most current information. If you have received this guide from the command sponsorship team, you should already have a sponsor assigned. If you have not yet been contacted, please contact the Fleet and Family Support Center at 011-39-095-86-4291 or DSN 314-624-4291 for assistance.

## **Profile of Italy**

Italy has a total land surface of about 116,000 square miles, with the Apennine mountain range serving as a geographic dividing line between east and west coasts. The Alps define Italy's northern border. The Northern provinces experience cold winters with rainfall in the spring and summers. Central and southern Italy enjoys a climate moderated by the Mediterranean Sea, with cool, rainy winters and moderate spring and fall, with heat creeping north from Africa in the summer. Italy's economy is more industrialized and high-tech in the

north and agricultural in the south. Major industrial products are iron, cement and automobiles. Wine, cheese and wool are important to the Italian economy. Tourism is also a key industry for all of Italy, and visitors from around the world come to marvel at its history and architecture and enjoy its culture and its food.

## **Profile of Sicily**

Sicily is the largest island in the Mediterranean Sea. Though the area is part of Italy and abides by decisions made the central government in Rome, politically Sicily and the smaller islands surrounding also have certain levels of autonomy and elect their own governor who serves as the Sicilian head of state. The island known for its rugged, volcanic topography, history, culture, and architecture, has a long history that dates back to ancient times. It is believed that the earliest inhabitants of the island was the Sicani people around 8,000 B.C.E. Around 750 B.C.E, the Greeks began to form settlements on Sicily and the culture of the native peoples of the island gradually shifted to that of the Greek. The most important area of Sicily at this time was the Greek colony of Syracuse which controlled most of the island. The Greek-Punic wars then began in 600 B.C.E as the Greeks and Carthaginians fought for control of the island. In 262 B.C.E, Greece and the Roman Republic began to make peace and by 242 B.C.E, Sicily was a Roman province.

Control of Sicily then shifted through various empires and people throughout the Early Middle Ages. Some of these included the Germanic Vandals, the Byzantines, Arabs and Normans. In 1130 C.E., the island became the Kingdom of Sicily and was known as one of the richest states in Europe.

In 1262 Sicilian locals rose up against the government in the War of the Sicilian Vespers which lasted until 1302. More revolts occurred in the 17th century and by the mid-1700s, the island was taken over by Spain. In the 1800s, Sicily joined the Napoleonic Wars and for a time after the wars, it was unified with Naples as the Two Sicilies. In 1848 a revolution took place which separated Sicily from Naples and gave it independence.



The Public Affairs Office is located on NAS 2 in building 622. The office provides event coverage, maintains NAS Sigonella's internet presence, and organizes Community Relations events. *Photo by MR1 Gary Spence* 

In 1860 Giuseppe Garibaldi and his Expedition of the Thousand took control of Sicily and the island became a part of the Kingdom of Italy. In 1946 Italy became a republic and Sicily became an autonomous region.

The economy of Sicily is shaped by a robust farming community that cultivates their goods from its very fertile, volcanic soil. It also has a long, hot growing season, making agriculture the primary industry on the island. The main agricultural products of Sicily are citrons, oranges, lemons, olives, olive oil, almonds, and grapes. In addition, wine is also a major part of Sicily's economy. Other industries in Sicily include processed food, chemicals, petroleum, fertilizer, textiles, ships, fishing, leather goods, and forest products.

In addition to its agriculture and other industries, tourism plays a major role in Sicily's economy. Tourists often visit the island because of its mild climate, history, culture and cuisine.

Sicily is also home to several UNESCO World Heritage Sites These sites include the Archaeological Area of Agrigento, the Villa Romana del Casale, the Aeolian Islands, the Late Baroque Towns of the Val de Noto, and Syracuse and the Rocky Necropolis of Pantalica.

Throughout its history, Sicily has been influenced by a variety of different cultures, including Greek, Roman, Byzantine, Norman, Saracens, and Spanish. As a result of these influences Sicily has a diverse culture as well as diverse architecture and cuisine. As of 2010, Sicily had a population of 5,050,486 and the majority of the people on the island identify themselves as Sicilian.

Sicily is a large, triangular shaped island located in the Mediterranean Sea. There are mountains along Sicily's northern coast, and the island's highest point, Mount Etna stands at 10,890 feet (3,320 m) on its eastern coast, the tallest active volcano in Europe. It is separated from the mainland of Italy by the Strait of Messina. At their closest points, Sicily and Italy are separated by just 2 miles (3 km) in the northern part of the strait, while in the southern part the distance between the two is 10 miles (16 km). The closest points between Sicily and Northern Africa are just over 100 miles apart. Sicily has an area of 9,927 square miles. The autonomous region of Sicily also includes the Aegadian Islands, the Aeolian Islands, Pantelleria and Lampedusa.

## **S**easonal Climate

Sicily's warm climate has two significant seasons: a dry, hot summer, and a mild, wet winter. The transitional seasons, Autumn and Spring, are relatively short with little impact and they are associated with cool temperatures and party cloudy skies. High pressure dominates the Mediterranean during the summer with an average temperature of 95 to 110 degrees Fahrenheit. Rainfall at this time of year is sparse and is usually only associated with afternoon thunderstorms. It is not uncommon to go weeks without seeing a drop of rain.



There are many places to travel to and things to see in Sicily, including the picturesque coastal town of Cefalù. Photo by Jackie Trembath

Cloudy skies and rain are common during the winter months. Temperatures are relatively moderate with an average high of 50-60 degrees and an average low near 40 degrees Fahrenheit. Temperatures have been known to dip to freezing or slightly below during the months of December, January and February. Snow is rare except on Mount Etna's peak where winter sports enthusiasts can enjoy skiing, sledding and snowboarding.

## **Italian History and Government**

Italy proclaimed its unification in 1861. In 1946, Italy became a republic, and in 1948, Italy's government became a democracy with a president, a prime minister and a parliament. Italy's government is run by a coalition of its numerous political parties, and since World War II, Italy has been governed by more than 40 separate coalitions. The leader of each coalition government is selected to serve as prime minister. Each new government in Italy is faced with numerous and frequent demands for change. These demands manifest in the form of strikes or demonstrations that are generally non-violent. As a U.S. and NATO representative, you should stay away from involvement in any political demonstration. The Status of Forces Agreement (SOFA) prohibits your involvement in any political demonstration or campaign. During a political campaign, banners and posters are displayed throughout the city, and it is a serious offense to tear down or deface any of this material.

## **H**istory of Sigonella

The United States Naval Air Station (NAS), Sigonella, Sicily, was formally established June 15, 1959, by its first commanding officer, Capt. Walter J. Frazier. The idea of a U.S. naval base in Sicily was conceived during the early 1950s when it became obvious that the planned base loading of U.S. Navy P-2 Neptunes would result in

overcrowding at the existing facility at Hal Far, Malta. On June 25, 1957, after the U.S. Navy received NATO backing to use Sicilian land for Sigonella, the air base was made available on a temporary basis under the terms of an agreement with the Italian government. Nineteen Fifty-Nine saw the first Americans arriving in March, and by the end of August the NAS 2 airfield was available for daylight VFR flights, with 24 sorties logged by Aug. 31. By Nov. 30, 1959, Sigonella had 320 enlisted men and 39 officers, with 194 enlisted men and 40 officers in deployed squadrons here.

NAS Sigonella is now the primary operational and logistical support element for U.S. SIXTH Fleet operations, earning the nickname "Hub of the Med". Due to its crucial location, NAS Sigonella plays a vital role in supporting joint and combined military operations in the Mediterranean, Middle East and Africa. Sigonella provides support for NAVCENT, AFRICOM, U.S. FIFTH and SIXTH Fleet units, and 34 tenant commands and maintains and operates facilities for an installation with a DoD population of approximately 5,000.

In early March 2011, NAS Sigonella was home to a handful of Navy maritime patrol and station aircraft, a single USAF Global Hawk, and nearly 2,200 service members, civilians and dependents. In less than a month, as Operations ODYSSEY DAWN (OOD), UNI-FIED PROTECTOR (OUP) and ODYSSEY GUARD (OOG) were launched in support of United Nations Security Council Resolution (UNSCR) 1973, that presence grew to include an additional 1,500 service men and women with more than 70 fighter, reconnaissance and support aircraft from every branch of the U.S. Armed Forces and seven Coalition partners. The 2011 "Arab Spring" throughout the region led to the rediscovery of the base's strategic location and was the year Sigonella reaffirmed its position as "Hub of the Med" in more than name alone. Since 2011 multiple critical missions and

Tune in to AFN's 105.9 "The Eagle" with your favorite on-air DJs for music and current events. Photo by MC2 Ramon Go

personnel supporting them have been added throughout the Sigonella campus. The air terminal, the second busiest in the European theater, is the primary divert field for the fleet. New construction and renovation projects made in the past few years are a credit to Sigonella's significant role in this theater. The upgrades and renovations will ensure Sigonella can support emergent mission tasking for several years to come.

## **A**merican Ambassadorship in Italy

Your tour of duty in Sigonella will make you more than an American tourist. You will be a resident of Italy, and as such, a representative of both America and the U.S. military forces. The importance of providing a positive image is obvious. Your responsibility to help provide such an image extends to your daily interactions with your neighbors, shopkeepers, and Italians you may encounter. Your job as a diplomat will be made easier if you attempt to learn and understand the language and customs of the host nation.

## Newspapers, Radio, TV and Web

The weekly base newspaper, The Signature, is produced by the NAS Sigonella Public Affairs Office, and is distributed every Friday at many locations throughout the base and local community. The paper contains local news, Italian cultural activities, local community events, movie schedules for the base theater, a travel section, MWR event section, and a command information section. The paper can also be found on the NAS Sigonella website at issuu.com/nas\_sigonella, as well as on NAS Sigonella's Facebook page at www.facebook.com/nassigonella. Almost all stories printed in the paper are indi-

> vidually posted to the command Facebook page.

The editorial office is located in Building 622 on NAS 2 and the staff can be reached at Commercial: 095-86-5440 -DSN 624-5440, or: thesig@eu.navy.mil.

In addition to putting The Signature together, the Public Affairs Office also has a well-followed Facebook page with nearly 16,000 fans. Check us out at the following locations:

www.facebook.com/nassigonella www.issuu.com/nas\_sigonella

#### American Forces Network Sigonella

AFN Sigonella is located in Building 212 on NAS 1, under the tall radio tower east of the main entrance. AFN Sigonella is an affiliate of AFN Europe, headquartered in Sembach, Germany. AFN Sigonella receives the majority of its programming from the American Forces Network Broadcast Center (AFN BC) in California. The AFN BC is the sole programming source for military radio and television outlets overseas. These outlets serve American servicemen and women, Department of Defense

(DoD)civilians, and their families stationed in over 177 countries around the world where English language broadcast service is unavailable or inadequate.

AFN is responsible for reflecting an accurate crosssection of what is widely available to stateside audiences of the American radio and television industry. Programs are uplinked from the DMC to a series of satellites and delivered worldwide via a secure transmission path using MPEG-2 digital compression technology. This global radio and television network service is called AFN, the American Forces Network.

The following channels are broadcast: AFN Prime-Atlantic, AFN Prime-Pacific, AFN Xtra, AFN Movie, AFN Family, AFN News, AFN Sports, AFN Spectrum, the Pentagon Channel and the Preview Channel.

AFN Sigonella provides live local radio weekdays on 105.9 FM. You can also stream it live on AFN360 through the AFNEurope mobile app, or by visiting www.afneurope.net and selecting the AFN360 link for Sigonella.

You'll find a wealth of command information via Radio News, readers and live interviews while listening to today's hit music. During non-live times, AFN Sigonella broadcasts network programming from Germany, along with popular music.

The AFN Sigonella Facebook page is a local news center, where we share important Sigonella news from a variety of sources.

Finally, AFN Sigonella's website provides a wealth of information including news stories, important local and regional information, community calenders and, most importantly, publicity requests. If you have an idea for a news story or "commercial," or need to publicize an event, simply fill out the online publicity request, or call us and let us know!

To find out more about current and upcoming AFN television and radio programing, visit **www.MyAFN.net**.

#### Points of contact:

#### **AFN Points of contact:**

Main Line:	.624-4265 (Comm: 095-56-4265)			
Station Manager:				
Operations Manager:				
Engineering:				
Production:				
On-air DJ:				
Fax:	095-713-0101 (Commercial only)			
AFN Sigonella Web site:				
http://www.afneurope.net/sigonella/				

#### AFN television trouble calls:

Marinai:	624-1731
Unaccompanied Housing:	
NAS 1	624-4109
NAS 2	624-7229
On the Economy:	347-229-2700

### **Environmental and Morale Leave**

Service members and their family members stationed in Sigonella are entitled to Environmental and Morale Leave (EML). EML allows you and your family members to travel Space-Available as follows:

Category II: Sponsors and family members traveling with their sponsors in an EML status will be assigned

Category II travel priority when traveling Space-Available on all AMC aircraft to/from CONUS, Germany, Spain and England while in a leave status.

Category IV: Family members traveling unaccompanied under EML orders will be authorized Space-Available travel at Category IV priority when traveling to/from authorized destinations.

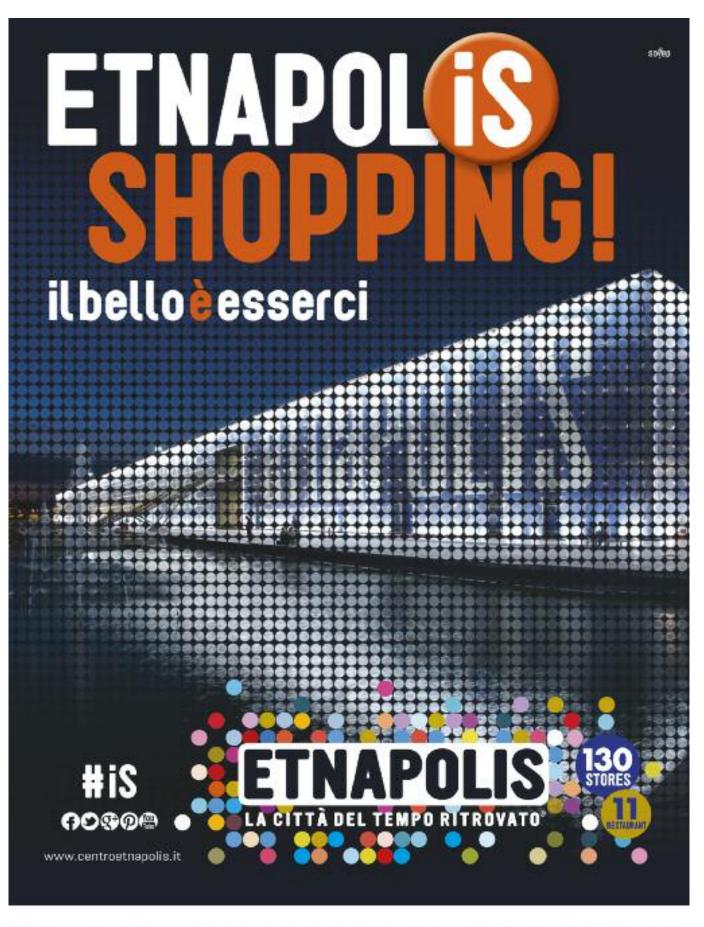
No more than two trips (only one back to CONUS) are allowed within a 12-month period for any one person.

## **E**mergency Leave

While stationed in Sigonella, your commanding officer/officer in charge may grant you, or members of your family, emergency leave in the event of an emergency concerning you or your spouse's immediate family. Due to recent changes in the entitlement of transportation, specifically for family members, commercial air travel at government expense from Sigonella, to the nearest Continental United States International Airport will be arranged when AMC procured transportation is not available. When government transportation (AMC) is available, this mode will be arranged first. Contact the Navy Passenger Transportation Office (NAVPTO) at 624-5987 (095-86-5987) for assistance or information.

**Note**: Be sure your family in the U. S. knows your rate, rank, Social Security Number and name of your command in case there is an emergency and they need to notify you.







































# Preparing for Transfer

## **Region Legal Service Office** and Legal Matters

Passports, Visas and Sojourners Permits

Military personnel may enter Italy on official military orders with only a military ID card. For most purposes, the Armed Forces ID card will enable travel throughout Italy and other NATO countries; however, it is strongly recommended to obtain a tourist passport for ease of travel and for security considerations. As a rule, non-NATO countries require passports for military personnel. If your new duties in Sigonella require you to travel on official business to countries requiring an official passport, coordinate with your new command to obtain an official passport. Tourist passports are obtainable through the American Consulate in Palermo. See the Department of State website for more information: http://travel.state.gov/passport/

Military dependents and all other civilians, regard-

less of age, must have a "no-fee" passport and a visa from the Government of Italy prior to entry. Visas require several weeks to obtain, and are not available after arrival in Italy. It is strongly recommended to start this process early so that your entire family may transfer with you. For additional information on visa requirements, see the Bureau of Consular Affairs Web site at http://www.travel.state.gov/index.html or check with your local NAVPTO or travel office. Dependents who are citizens of European Union countries do not require a

All military dependents over the age of fourteen and DoD civilian employees and their family members are required to apply for a Sojourner's Permit within eight days of their arrival in Italy. This document, which is issued by the Italian government, permits civilians to legally reside in Italy. To apply, you will need an updated copy of the sponsor's Page 2, a copy of Permanent Change of Station (PCS) orders, copies of the no fee passport(s), and five identical passport-type photos for each family member. The Region Legal Service Office (RLSO) will help you with the application process, including scheduling a finger-printing session with the Italian authorities.

It is best practice for all civilians to carry their sojourner permit and passport when traveling. While commuting in the local area, it is a good idea to carry a photocopy of your Sojourner's Permit. Military members should, of course, always carry their military ID cards with them.

## You and the Law

Under the Status of Forces Agreement (SOFA) between the United States and the Republic of Italy, all U.S. military personnel, members of the civilian compo-



The Basilica Cattedrale is located in Elephant Square and is home to the city's patron saint, Sant'Agata. Photo by Jackie Trembath

nent, and their family members are subject to Italian law and come under Italian jurisdiction for most criminal offenses, unless the act was performed in the line of duty. This may include incidents occurring on military installations in Italy. As guests, we are obliged to comply with Italian law.

If you are called or summoned to appear before an Italian court in connection with any offense under Italian law, you must report the contact or summons as soon as possible to your commanding officer and to the Regional Legal Service Office (RLSO) for assistance.

If you are apprehended by local law enforcement officials, the following rules should guide you:

- DO NOT try to resist arrest.
- Go with the Italian authorities willingly.
- Promptly provide Italian police officials your name, rate/rank, organization, Armed Forces ID card (military, civilian or family member) and/or passport, command point of contact and phone number.
- Politely request the presence of NAS Security, a command representative and/or U.S. government-provided attorney prior to making any statement. Decline to make any statement unless U.S. representatives are present.

Different officials are tasked with law enforcement in Italy. The ones you will see most commonly are:

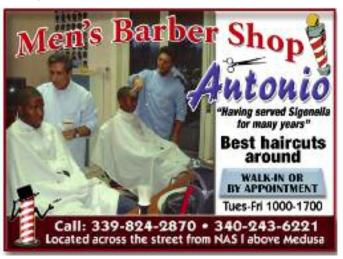
**Polizia** (police) – There are different branches, such as *stradale* (road police) and *ferroviaria* (railway police). The Polizia perform all the usual duties as the U.S. police and usually wear green-gray or blue uniforms.

**Carabinieri** – This is a special corps of the Italian military, which acts both as military and civilian police. They usually wear blue or black uniforms and are recognizable by the white shoulder-belt across their chest.

Guardia di Finanza (Finance Guard) – Comparable to Coast Guard or border police. They wear gray or blue uniforms. Their main task is to control alcohol, cigarette, and drug smuggling. They are also in charge of customs, and they enforce tax payments in general.

Any law enforcement agent may perform his duty in civilian attire, in which case, it is sufficient for law enforcement to show an ID card.

Be aware that in Italy, public servants (such as train and bus conductors or drivers, postmen, firemen, and even soccer referees) are considered public officials while performing their duty. To strike or offend one bears the same penalty as striking or offending a policeman or any other public official. In Italy this is a very serious offense.





The Fountain of Orion in Messina is located next to the Cathedral and the famous astronomical clock. Photo by Jackie Trembath

## **C**riminal Jurisdiction

The NATO Status of Force Agreement (SOFA) recognizes the jurisdiction of the U.S. over its military personnel in the performance of their assigned duties. Under the SOFA, the U.S. may conduct courts-martial in Italy under the Uniform Code of Military Justice. The SOFA also recognizes the primary jurisdiction of the host nation (Italy) over criminal offenses that occur in Italian territory. All military members, members of the civilian component and their family members are subject to Italian jurisdiction for criminal offenses. The SOFA also spells out the rights to be accorded to military members, civilian or family members who are subjected to criminal trial in Italy, including the following:

- As prompt and speedy a trial as is provided to the citizens of the host nation
  - To be informed of the charges before trial
- To compel the attendance of witnesses in his/her defense who are located in Italy
  - To have the services of a competent interpreter
- To communicate with a representative of the U.S. Government
- To have a U.S. government representative present at the trial

Region Legal Service Office (RLSO) is responsible for monitoring and reporting all criminal trials in southern Italy involving U.S. personnel. The RLSO will provide an Italian attorney free of charge for the defense of a military member, civilian component member, or family member being prosecuted in the Italian criminal courts. Prompt notification to the RLSO is essential when an arrest has occurred.

## Claims and the Protection of Personal Property

The Military Personnel and Civilian Employee's Claims Act (Personnel Claims Act) is a federal statute



The Temple of Concord in Agrigento is one of Sicily's best preserved Greek temples in all the old world, rivaling those in Greece. Photo by MC1 Brian Goyak

that authorizes payment of claims filed by military personnel and DoD civilian employees for property losses occurring at places of assigned duty or in assigned quarters. Economy housing is considered to be assigned quarters. Claims are generally payable when property is damaged or lost due to natural disasters, vandalism or theft, provided the claimant did not contribute to the loss through their own negligence. Moreover, claims are also payable for damages or losses to household goods while such goods are shipped from prior duty stations to Sigonella. On the other hand, claims are not payable if the claimant is an ordinary resident of Italy.

The RLSO processes claims for Navy personnel. All claims must be received at a military installation no later than two years from the date the claim accrues. Normally, a claim accrues on the date of the incident occurs, or in the case of household goods shipments, on the date of delivery.

Personnel are advised to complete a comprehensive review of their personal property and to secure adequate insurance. DoD claims processors use depreciated value of stolen or damaged property to calculate the claims paid. Depending on the value of items, many choose to insure their property with replacement value policies. If their valuables are stolen, the insurance policy will pay the amount to repurchase those items.

If a claimant purchases private insurance, the claimant must first file with their insurance company prior to filing with the claims office. While claimants should promptly file claims to avoid missing the two-year statutory filing deadline, final adjudication must await the receipt of the insurance company payment data.

The adjudication of a claim under the act requires a number of steps. For more information, contact the RLSO at 624-2991 (095-86-2991).

## **D**rugs and Alcohol

Drug and alcohol laws are different in Italy than in the United States. Under the NATO Status of Forces Agreement (SOFA) military members, civilian employees and family members are subject to Italian laws on drugs and alcohol. While the drinking age in Italian society may be more lenient, the penalties for drunk and disorderly conduct or DUI are not. Drunk driving is a serious offense under Italian law. Italian law prohibits driving with a blood alcohol level of 0.05. Individuals who are caught driving with blood alcohol levels over a .05 face a variety of administrative consequences, including the loss of their driving privileges and ability to purchase gas coupons. This is in addition to possible action under the UCMJ.

## Marriage

U.S. Armed Forces personnel wishing to marry while stationed in Italy must apply for permission. The RLSO will assist service members wishing to marry in Italy while stationed in Italy.

## **Legal Assistance**

A legal assistance appointment is a dedicated, personal consultation with an attorney. This service is provided BY APPOINTMENT ONLY and is available to active duty service members, their dependants, state-side hire civilian employees stationed overseas, retirees, and activated reservists.

Generally, legal assistance appointments are appropriate for the following issues: family law (such as divorce, paternity, child support, child custody); estate law and planning (wills); consumer law, creditor/debtor issues; tort law; immigration law; military benefits; and deployment readiness (health care powers of attorney and durable springing powers of attorney). Additionally, for legal assistance matters that fall under Italian jurisdiction (such as a lawsuit due to an off-base traffic accident), please call to make an appointment with a local national attorney – this consultation is at the RLSO

Office, but is by appointment only and based on the availability of the Italian attorney.

Legal assistance with a Navy JAG officer is available by appointment Monday through Friday at Bldg. 564 from 0900–1500. Child care services are not provided, so please make alternative arrangements prior to the date of your appointment (please contact the front desk if an appointment needs rescheduling).

To schedule a legal assistance appointment, please call the RLSO at DSN: 624-5258. Priority for services is provided to deploying units.

It is RLSO DET SIGONELLA policy that NO legal advice will be given over the telephone or through third parties calling on behalf of perspective/current clients.

## Other Walk-in Services

The RLSO provides several walk-in services at its front desk. Walk-in services do not require an appointment.

Walk-in services are available from 0900 to 1600, Monday through Friday. Generally, these services include: powers of attorney, notary services, and basic immigration information.

A power of attorney may be necessary, especially if a service member will be absent from home for extended periods of time. A power of attorney may be tailored and limited to accommodate particular individual needs.

There are two types of powers of attorneys, general and special. General powers of attorney are powerful documents and should only be used in limited circumstances. An attorney can provide advice on whether to get a general or special power of attorney. In most cases, a special power of attorney can be drafted that will protect the servicemember, and authorize the holder to complete all required business.

### Volunteer Income Tax Assistance Center (VITA)

The VITA program was established to support NAS Sigonella personnel eligible for legal assistance services with preparing and filing their federal income tax returns. The Tax Center is operated by the RLSO with IRS trained and certified volunteers from the community through the use of free online filing, though members of certain pay grades may be eligible for more in-depth assistance. The Tax Center operates during tax filing season on both NAS 1 and NAS 2. If you require additional information, or are interested in volunteering at the VITA office, please contact the RLSO at DSN: 624-5258.

## **D**efense Service Officer (DSO)

The Defense Service Officer (DSO) offers a variety of defense services, including representation at Special and General Courts-martial and administrative separation boards. The DSO also provides advice to individual service members who are the subject of an investigation, referred to Captain's Mast, would like to file a grievance against their command, and have other concerns relating to administrative or disciplinary proceedings again-

st them. These services are available to Department of Defense (DoD) active duty and reserve personnel, whenever required by law or regulation and authorized by the Judge Advocate General (JAG).

The DSO does not have an office onboard NAS Sigonella, but individuals can schedule an appointment to talk to an attorney telephonically in a private office at the RLSO. To schedule an appointment, simply go to building 564 (RLSO) and request to speak to a defense attorney.

## **B**anking and Credit Cards

#### COMMUNITY BANK

Community Bank, operated by Bank of America, is contracted by the DoD to provide stateside-like banking services exclusively to the military community. This relationship benefits customers by ensuring a wide range of services tailored for the unique requirements of the servicemen and women stationed overseas. Community Bank is the main source for currency exchange as well as paying local bills. *Community Bank is located on both NAS 1 and NAS 2*.

The four Community Bank ATM's dispense both Dollar and Euro.

ATM Locations:

NAS 1: Outside the Community Bank located in the Community Bldg #318 Inside Midtown by the movie theatre. Bldg #175

NAS 2: Outside the Community Bank located by the NEX Depot Bldg #471 Outside the NEX 7-Day Store. Bldg #549.

On-base Euro changing service is available at the Navy Exchange and both Community Bank locations.

#### NAVY FEDERAL CREDIT UNION

Navy Federal Credit Union(NFCU) has a full service Branch and ATM located on NAS 2 (near the Navy Exchange Mini-Mart) and two additional ATM's located on NAS 1 in front of the Commissary. The Branch is open Monday-Friday from 0815-1615. Navy Federal serves the entire DOD community in Sigonella including all military servicemembers and their family members, DOD civilians, contractor personnel and retirees.

Navy Federal Online, WebBill Pay and 24 hour member support via our toll-free number in Italy (00-800-0-842-6328) makes keeping track of your finances easy while stationed overseas. Members can make full use of their accounts while in Sigonella and continue to use them when they return to the States. Once a member, you're always a member.

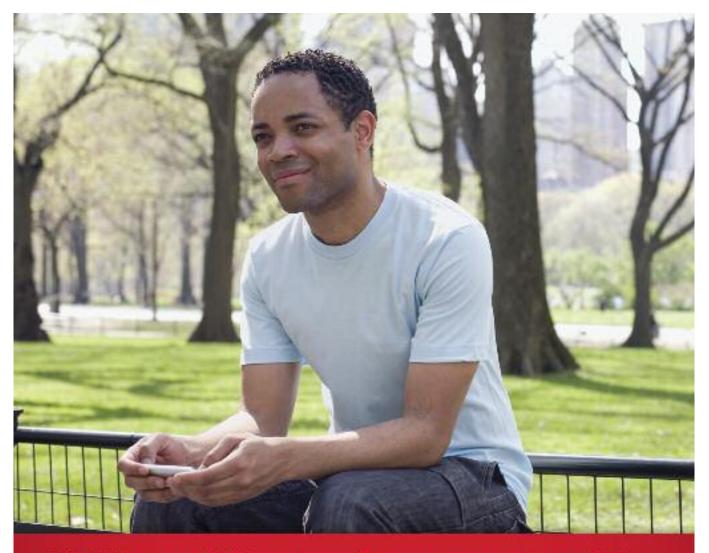
NFCU Sigonella offers a variety of accounts and services to help you manage your money including:

 Checking accounts that offer ATM rebates (great for getting Euro from Italian ATM's out in town).

On-base Euro changing service is also available at the Navy Exchange and Community Bank on both NAS 1 and NAS 2

- Regular and Money Market Savings Accounts
- Certificates for all types of savings ranging from 13
   Weeks to seven years with starting deposits as low as \$100
- Visa and Mastercards along with our Visa Check Card which are very useful far from home
- Competitive rates on auto loans for new and used vehicles and signature loans for just about any purpose including family vacations!





## Making a difference in our communities.

#### At Community Bank, we're proud to be part of the military communities we serve.

Community Bank was created to serve the banking needs of service members and their families stationed overseas. We honor these needs by providing many key services—such as currency exchange, local bill payments, and financial education—not only to account holders, but to all members of the base communities we serve. To our account holders, we offer a wide range of additional services that include:

Regular and Interest-Bearing Checking Accounts Savings Accounts and CDs Mobile and Online Banking Currency Exchange Services

Account Alerts

External Account Transfers
Single and repeating
Local Bill Payments
New and Used Auto Loans'
Motorcycle Loans'
Signature Loans and

Lines of Credit"

Visit your local Community Bank to open a free Checking or Savings Account, or learn more online at: DoDCommunityBank.com



Community Bank is a Department of Bateriae aware training a region operated through a contract with a commercial financial institution. Currently, the contract in Bank of America, R.A.

The Defense Finance and Accounting Service, in coordination with the Military Service banking representatives, for responsible for the ownsight and management of Community Bank.

If you are looking to buy a home while you are here or soon after you depart Sigonella, our Branch also offers in-house mortgage counseling

Not sure about what to do with your money or want to get assistance with managing your debt? Our staff offers individual financial counseling on a wide variety of financial topics. We also develop and deliver customized financial presentations to your Division, Department or Command upon request.

## **Postal Matters**

There are various places to change money both on and off base and at two types of facilities - banks and exchange bureaus (*cambio*). Here are some options:

**Money Exchange at NAS 1:** NEX Customer Service: euro or dollar sales. 7,500 Euro daily limit

NAS 2: NEX Customer Service: euro sales only. 500 Euro daily limit.

Off Base: Shop around for the best deal, and balance convenience with advantageous rate. For example, you may get a few more euros for your dollar at a cambio downtown, but if you are only changing a couple of hundred dollars or less, the inconvenience of going to the cambio probably will outweigh the advantage in rate. Also, recently more and more local banks will accept your ATM or Debit Card that has the "Plus" sign. Just look for the symbol at the Italian Bancomat.

## **M**oney Exchange

One of the closest and strongest ties to loved ones in the States is the mail. Fortunately, mail service is relatively quick and efficient despite being overseas here in Sicily.

Postal services in Sigonella are provided on NAS 1 and NAS 2. The post office on NAS 1 is located across from the MWR library and is open Tuesday through Saturday 0900-1600. The post office on NAS 2 is conveniently located inside the Fleet Mail Center and is open Monday through Friday 0900-1600. Both Sigonella military post offices provide mail receipt and mailing services, sale of United States Postal Service (USPS) money orders, stamp sales, change of address processing for patrons, mail directory-locator services, and USPS claims and inquiry services.





Navy Federal Credit Union is located on NAS 2 and serves both military and their family members. NFCU reminds all: "Once a member, always a member." Photo by MC2 Ramon Go

In addition, the Fleet Mail Center on NAS 2 provides a pick-up point for accountable mail and official mail services and is open Monday through Friday 0800-1700. All Postal operations are closed on Sundays and Holidays. Only U.S. currency is accepted at the post offices; however, you may use personal checks for the exact amount of purchase and major credit cards and bank debit cards. Money orders can be purchased for only 35 cents each, but a single money order can not exceed \$1,000. Only cash and debit cards are accepted for purchasing money orders. You may use traveler's checks to purchase most services, provided those purchases total at least half the amount of the check. As an authorized military postal service patron, you are responsible to inform all correspondents of your correct mailing and forwarding address prior to leaving your present duty station. You should obtain your new address for your new command from your sponsor and notify all your correspondents at least six to eight weeks prior to checkout. Do not include the country name in your address under any circumstance.

Doing so will only create delays and your mail could be processed through the Italian postal system and would be subject to customs inspections and fees. Your new address should contain all of the following information:

FULL NAME, RANK, AND RATE
NAME OF COMMAND
PSC and CORRECT BOX NUMBER
FPO AE and CORRECT ZIP CODE
An example would be:
LT Johan Von Sizzle
Naval Air Station
PSC 812 Box 9888
FPO AE 09627- 0099

It currently takes an average of seven to ten days for a first class letter or priority parcel to reach the States. For best results, ask friends to use priority mail when sending your items by mail. For time sensitive matters, Express Mail Service is available to and from Sigonella, but please keep in mind it may take more than the advertised three to five days. All Parcel Post packages can take six to eight weeks by container ship. Do not mail perishable foods or meats, plants, soil matter, tobacco, firearms of any kind, or alcohol to or from Italy. A list of all prohi-

bited items is also posted inside the post offices. If you ever have any questions or concerns, you can always ask your friendly Military Postal Clerks for assistance.

## **B**ringing Your Pet to Sigonella

You may bring your pet to Italy with you on Air Mobility Command (AMC) flights while on PCS status only. Pet space is limited on all AMC flights therefore pet spaces are booked on a first come, first served basis. Be sure to inform your personnel department, who schedules your flight to Italy, that you will be traveling with a pet. There is an excess baggage fee per pet based on the pet's weight. AMC will not ship any pet over 150 pounds (combined pet and carrier). Check with your local AMC terminal for any other restrictions prior to planning travel. There is a limit of two pets for each family, dogs and cats only, and you must provide the proper travel containers. For the AMC Pet Brochure, please see the following link: http://www.amc.af.mil/shared/media/document/AFD-140807-032.pdf

If flying commercially, it's important to contact the airline on which you'll be traveling to Italy for its specific requirements for pet travel. Some airlines, for instance, require that pet carriers have ventilation holes on all sides, so you may need to drill holes through the back of the carrier. Traveling in the summer can be difficult due to heat restrictions and some airlines may not ship cer-

tain breeds (snub-nosed animals) during this time. Again, please call your airline for their specific requirements.

There is no quarantine period in Italy, but you will be required to have a current ISO compatible microchip and original (current) rabies certificate signed by your veterinarian. The microchip must be implanted prior to the rabies vaccination. For animals older than 16 weeks of age, 21 days must elapse from the date of the primary rabies vaccination. You will also need a bilingual health certificate. Forms are available through your military Veterinary Treatment Facility or civilian USDA veterinarian. This certification is good for only 10 days from the date of examination and must be certified by an official USDA civilian veterinarian or military veterinarian. Make several copies of this form when complete. One should be taped to the outside of the travel kennel and one should stay with the animal's health record.

Another resource for pet export information is the United States Department of Agriculture (USDA): http://www.aphis.usda.gov/wps/portal/aphis/home. Go to Animal Health link (under popular topics) à Click on the Red EXPORT Icon at the bottom of page à Under Export requirements for... Choose Pets (highlighted in blue) à In number 2 choose Destination Country à Choose Italy from the drop down menu at the bottom of the page à Scroll down to the pet information.

The NAS Sigonella Veterinary Treatment Facility (VTF) provides wellness and general sick call appointments for privately owned pets approximately three days

#### SERVING THE MILITARY. SUPPORTING THE FAMILIES.

We serve the military, Coast Guard and their families. It's what we do. It's who we are That's why we provide quality products and superior member service. With thousands of free A. Ms.\* 24/7 live phone support, and convenient online and Mobile Banking,\*\* we have the benefits of membership you deserve.



#### VISIT US TODAY!

Naval Air Station II, Building 542 ATM: Naval Air Station I. Building 225 (in Front of the Commissary)

navyfederal.org



ARMY MARINE CORPS NAVY AIR FORCE COAST GUARD DoD

Federally insured by NICUA. Terescontect transfer would have found to a 19 or Hospital nevertion additional than Majoria. "Hospital distribution in your stranger of the control of the property of the control of the con







There are two Post Office locations: NAS 1, located near the Library, and NAS 2, located near the flight line, 100 yards beyond the NEX Home Depot. Photo by MC2 Ramon Go

per week. Monthly schedules are posted on the clinic's Facebook group. The VTF also sells preventive medications for fleas, ticks and heartworms. Availability of vet care is affected by the time spent on high-priority tasks such as Military Working Dogs, Food Health Inspection, and by current manning. Specialized clinical, surgical, and in-patient care is not available on base; however, a list of local vets is available for emergencies.

Pet owners take note: Leishmaniasis, a parasite which can be deadly to animals, exists in Sicily. The only way to protect against this disease is to avoid sandflies through effective insecticides such as prescription topicals (Advantix II) or collars (Scalibor). Please see the Sigonella vet clinic for more information when you arrive. This disease is treatable, but not curable and if your pet is infected with this disease, it can not be shipped back to the United States.

If your pet is geriatric or requires special treatment, it is recommended that you **not** bring it to Sicily. No special diagnostic facilities are available. If your pet has a special health problem, have your sponsor contact the veterinary service to determine if requisite medical care might be available.

Pets must be registered with the veterinary clinic within 10 days of arrival or acquisition. Registration will take place in person at the VTF. Pets do not need to be

present. Pet owners and custodians of pets are responsible for the cleanliness and sanitation of all areas used or frequented by their pets. Animals may not wander in the government housing areas unattended, or without a leash. Pets are not allowed in the Barracks.

For any further information contact the Veterinary Treatment Facility at (DSN) 624-4258 or comm: 011-39-095-56-4258. Also see our group on Facebook.



## Getting Settled

## **Housing Office**

NAS Sigonella's Housing Department provides housing and lodging services to the Sigonella community. Our Housing Service Center (HSC) assists all single/accompanied military and DOD civilian personnel on PCS orders. Based on eligibility, accompanied and unaccompanied permanent party personnel are provided assistance in assignments to Military Family Housing (MFH), Unaccompanied Housing (UH), or Housing Referral Service (HRS) in order to lease off-base accommodations in the local area. The Navy Gateway Inn & Suites (NGIS) caters to transient personnel and visitors. Our NGIS facilities provide visitors on TAD/TDY, aircrew, and rotational forces temporary housing and lodging support. NASSIG Housing Department assets includes eight government-owned four-bedroom detached homes at NAS 1; 526 townhouse-style units for families at the Marinai Housing campus; two unaccompanied housing buildings with a 576-bed capacity; and 515 rooms amongst two NGIS complexes at NAS 1 and NAS 2.

All accompanied military personnel will be directly assigned to available Military Family Housing when government quarters are available and is based on assignment priority, bedroom entitlement, and pay grade. If government quarters are not available within 30-days of arrival, authorization to seek off-base economy housing is normally permitted. E1-E4 personnel stationed here without their families as well as single service members are directly assigned to our UH facilities upon arrival. It is important that you establish early communications with your assigned sponsor to receive up-to-date information regarding housing eligibility and availability. It is imperative that members do not secure or enter into any type of housing agreement without obtaining prior approval or guidance from the Housing Office located inside the Hoffpauir Building (Bldg. 319) on NAS 1. All accompanied families and unaccompa-



The Administration Building is home to the Housing Office and Fleet & Family Support Center. The FFSC office is where new arrivals also attend INDOC. Photo by MC3 Cameron Bramham

nied/single E5 and above service members are reminded that check-in with the Housing Office is required within 48 hours after reporting for duty.

If you have questions about Sigonella housing, please contact the Housing Service Center by e-mail at nassig-housinghelpdesk@eu.navy.mil. Our commercial and DSN phone numbers are listed under the Housing section in the phone directory at back of this publication. You can also contact us via the Housing Early Application Tool (HEAT) website at https://ako.us.army.mil/heat/apply. The HEAT website allows personnel to submit housing applications and other supporting documents prior to arrival. Please be informed that the HEAT application does not improve your priority or alter your control date for housing assignment. To search for available offbase housing in the local economy, please go to *homes.mil*. Registration is required in order to view detailed information on all available housing for rent.

Additional housing information to include program and policies can be found at the Commander Navy Installation Command (CNIC) website at *enic.navy.mil/ffr/housing.html*.

## Housing Service Center and NGIS Front Desk Hours of Operation:

The Housing Service Center is located at NAS 1, Bldg. 319. Our hours of operations are from 0730-1600 Monday to Friday. We are on the ground floor next to the Fleet & Family Service Center (FFSC), and just a short walk from the Community Bank, Navy Lodge, Civilian Human Resources Office, Base Library & Education Center, the Navy Exchange, and Commissary. We also operate a satellite front desk at Marinai Housing located near the main entrance. Our satellite office hours are 0730-1600 Monday to Friday to provide trouble call response, resident check-in/out inspections, and coordinate preventive and corrective housing maintenance services to our residents.

We have two NGIS Service Desks at NAS Sigonella





The Housing Office, located on NAS 1, seeks to help newcomers settle into their new homes, whether government or on the economy. Photo by MC2 Ramon Go

that are operational 24/7 to provide customer service to our guests at both locations. The NAS1 NGIS front desk is located in Building 173 and can be reached at DSN 624-3070. NAS 2's NGIS is located in Building 558, DSN 624-6832/2926.

#### Military Family Housing:

Our Military Family Housing is designed to meet U.S. standards. These housing units are semi-furnished and include a full-size refrigerator, gas stove, dishwasher, microwave, full-size washers & dryers. The units are two-story with approximately 1200-1400 square feet of living space per unit. All MFH have dual voltage to meet both U.S. and European appliance specifications (220V, 50HZ). Marinai housing is conveniently located near NAS 2 and about seven miles from NAS 1. This housing compound is a gated community with security, multiple playgrounds, tennis, basketball courts, roller hockey ring, baseball, soccer field, restaurant, dog park, salon/barber, and a convenience store. Our eight houses at NAS 1 are single-story detached units designated for use by senior and field grade officers filling specific key and essential billets.

HSC Sigonella has several unique housing programs available to service members serving on accompanied tours: The "Door-to-Door" (D2D) program allows families to directly move-in to our MFH upon arrival in Sigonella. This option conveniently assigns families directly to NAS 1 or Marinai, and eliminates the need for stay at temporary lodging facilities. Families with pets or those in need of more space/privacy due to the age or number of their children will enjoy the comfort of moving directly to government quarters. Your sponsor will play a key role in D2D set-up by helping you fill out and submit the necessary applications and documents, selecting your quarters, arranging delivery of loaner furniture and appliances, checking out loaner kits provided by FFSC (plates, utensils, pots & pans, etc.), and ensuring your new home is prepared for your arrival. Be aware that D2D program is highly dependent on available housing and the number of personnel on the waiting list. The "Pack n Go" program is very similar to D2D and is designed to assist families on outbound PCS orders by giving them the option to stay in government quarters until their departure.

Two pets are allowed in MFH (either one cat and one dog, two cats, or two dogs). Pet owners must have proof of pet registration from the local veterinarian clinic prior to quarter's assignment. Please contact us if you desire a copy of the NASSIG pet policy or the Military Family Housing Handbook for Sigonella residents. If you are transferring here with pets, you are required to check-in and register with the U.S. Army Veterinary Clinic prior to assignment in MFH.

#### **Unaccompanied Housing:**

Unaccompanied Housing (UH) permanent party rooms are provided at NAS 1 and NAS 2 for all E1-E4 personnel. All UH accommodations are designed with private rooms/shared bath using the enhanced 1+1 barracks floor plan. UH living space in each module is equipped with a two-burner stove, refrigerator, and microwave. Typical in-room amenities include a single bed, nightstand, table lamp, study desk, TV stand, and a walk-in closet. All inbound personnel must closely coordinate and communicate their arrival dates with their units/command and assigned sponsors. The assigned sponsor will help arrange room assignment and receive the room key prior to receiving the service member at the airport. This procedure will ensure an available room for the incoming service member regardless of the day or time of arrival. Upon arrival, service members are required to stop by the Housing Service Center no later than the next available workday to complete the check-in process in the UH.

In late 2014, NASSIG UH staff developed the Roommate Matching Program (RMP) for our junior service members living in the barracks. This program allowed our junior military personnel of the same gender to find their own roommates, and is similar to programs used by most U.S. college and university dormitories. RMP allows members to register and view other residents profile in CNIC's G2 portal, communicate with one another, and finally request to be relocated/assigned with their preferred roommates. This program also allows inbound personnel on PCS orders to register and view potential roommate matches based on duty hours, living patterns, interests, hobbies, or other criteria. Inbound personnel on PCS orders have the option to submit their profiles and application, and explore potential roommate pairings prior to their arrival. Please contact the UH staff or email us at nassig-housinghelpdesk@eu.navy.mil for more information about the NASSIG RMP program.

E5 and above unaccompanied and single personnel are housed in off-base housing. Please see the Housing Referral Section below for more information about this service.

## Housing Service Center and NGIS Front Desk Hours of Operation:

The Housing Service Center is located at NAS 1, Bldg. 319. Our hours of operations are from 0730-1600 Monday to Friday. We are on the ground floor next to the Fleet & Family Service Center (FFSC), and just a short walk from the Community Bank, Navy Lodge,

Civilian Human Resources Office, Base Library & Education Center, the Navy Exchange, and Commissary. We also operate a satellite front desk at Marinai Housing located near the main entrance. Our satellite office hours are 0730-1600 Monday to Friday to provide trouble call response, resident check-in/out inspections, and coordinate preventive and corrective housing maintenance services to our residents.

We have two NGIS Service Desks at NAS Sigonella that are operational 24/7 to provide customer service to our guests at both locations. The NAS1 NGIS front desk is located in Building 173 and can be reached at DSN 624-3070. NAS 2's NGIS is located in Building 558, DSN 624-6832/2926.

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Located on NAS 1, the Navy Lodge offers comfortable living accommodations at reasonable prices. Photo by MC2 Ramon Go

use by senior and field grade officers filling specific key and essential billets.

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Two pets are allowed in MFH (either one cat and one dog, two cats, or two dogs). Pet owners must have proof

Permanent make-up • Facial treatments • Make-up
• Semipermanent Eyelashes • Electrolysis
• Body massages • Thermosculpture
• Waxing • Manicures • Pedicures
• Semipermanent nail polish

TANNING BED for face/body
Treatments Hppl. (Light hair removal)

Via Enrico Toti, 9 • Motta S. Anastasia (CT)
Tel. 095.308639 • Cell. 339.6502283
agostinanewplace@katamail.com

of pet registration from the local veterinarian clinic prior to quarter's assignment. Please contact us if you desire a copy of the NASSIG pet policy or the Military Family Housing Handbook for Sigonella residents. If you are transferring here with pets, you are required to check-in and register with the U.S. Army Veterinary Clinic prior to assignment in MFH.

#### **Unaccompanied Housing:**

Unaccompanied Housing (UH) permanent party rooms are provided at NAS 1 and NAS 2 for all E1-E4 personnel. All UH accommodations are designed with private rooms/shared bath using the enhanced 1+1 barracks floor plan. UH living space in each module is

equipped with a two-burner stove, refrigerator, and microwave. Typical in-room amenities include a single bed, nightstand, table lamp, study desk, TV stand, and a walk-in closet. All inbound personnel must closely coordinate and communicate their arrival dates with their units/command and assigned sponsors. The assigned sponsor will help arrange room assignment and receive the room key prior to receiving the service member at the airport. This procedure will ensure an available room for the incoming service member regardless of the day or time of arrival. Upon arrival, service members are required to stop by the Housing Service Center no later than the next available workday to complete the check-in process in the UH.

In late 2014, NASSIG UH staff developed the Roommate Matching Program (RMP) for our junior service members living in the barracks. This program allowed our junior military personnel of the same gender to find their own roommates, and is similar to programs used by most U.S. college and university dormitories. RMP allows members to register and view other residents profile in CNIC's G2 portal, communicate with one another, and finally request to be relocated/assigned with their preferred roommates. This program also allows inbound personnel on PCS orders to register and view potential roommate matches based on duty hours, living patterns, interests, hobbies, or other criteria. Inbound personnel on PCS orders have the option to submit their profiles and application, and explore potential roommate pairings prior to their arrival. Please contact the UH staff or email us at nassig-housinghelpdesk@eu.navy.mil for more information about the NASSIG RMP program.

E5 and above unaccompanied and single personnel are housed in off-base housing. Please see the Housing Referral Section below for more information about this service.

#### **Navy Gateway Inn & Suites (NGIS):**

NASSIG NGIS operates all our lodging facilities at NAS 1 and NAS 2. A variety of rooms and conference areas are available at our facilities to meet your lodging needs. To make a reservation or to obtain additional information on our facilities, please visit <a href="http://dodlodg-to.org/linearing-needs.">http://dodlodg-to.org/linearing-needs.</a>

ing.net or dial 1-877-NAVY-BED (1-877-628-9233) to make a phone reservation. You can also contact us directly using the contact information provided in the directory at the back of this publication. Typical in-room amenities at our NGIS includes free internet access, cable TV, refrigerator, microwave, complimentary coffee, newspaper delivery, housekeeping, and access to fitness centers.

We are proud to share that our facilities were recognized in 2013 as the Admiral Elmo R. Zumwalt award winner for lodging excellence.

## Housing Referral Service (HRS)

Our housing referral service provides a variety of services to help you find your off-base home in Sicily. Our goal is to assist all eligible personnel in locating safe, suitable and affordable housing. Your first step in the HRS process is to look at available homes and apartments at https://homes.mil website. The houses listed in this website have been pre-inspected and approved by HSC Sigonella for leasing by U.S. personnel on PCS orders. Our housing counselors will then schedule site visits under our "showing service" to look at off-base residences that suite your needs. If there are rental units not listed on Homes.mil, we can provide inspection services to verify compliance with established housing minimum adequacy standards, force protection, security, and other criteria to ensure your well-being. Once your desired house/apartment has been selected, our staff will provide a number of services to include obtaining a Codice Fiscale (the Italian equivalent of a social security number required prior to signing a lease or to acquire utilities), lease negotiation, translation, loaner appliance delivery, setting up utilities (gas, water, electricity), loaner furniture delivery, pre-occupancy and movein inspection, and training to provide tenants the basic knowledge for successful acclimation in the local community. This training includes understanding the billing process and payment method, how to read your paper/online bills, familiarization with the numerous switches and valves, gas detectors, electric breaker panel(s) in your new home, operation of European appliances (water heater, etc.), and activation/maintenance of home alarm systems. As long as you keep an open mind and are willing to learn the ropes plus a little Italian, living with the Sicilians in the local community can be a fun and rewarding experience.

To help you prepare here are a few tips: Most off-base houses lack storage cabinets for clothing unlike rental units in the United States where cabinets are normally built-in with each bedroom. Bathrooms are normally equipped with a bidet to help you clean your back side. Voltage is different, as are electrical outlets and sockets. We recommend that you check with your Personal Property Office and sponsor for advice on what to bring and which items to put in storage while serving in Italy.

For all personnel entitled to Overseas Housing Allowance (OHA) or Living Quarters Allowance (LQA), please be informed that CNIC policy requires housing leases to be signed and processed via the housing office in order to draw these allowances.





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The Marinai Family Housing complex is located near NAS 2. Depending on the size of the family this government housing comes in either three- or four-bedroom units, and is available to qualifying members. Photo by MC2 Ramon Go

## **O**verseas Loaner Furniture Program

Our loaner programs assist all active duty and DoD civilian personnel that executed PCS orders and were entitled Household Goods (HHG) shipments that are still in transit. Separate funding and programs are provided to single service members and personnel serving accompanied tours. NASSIG Temporary Loaner Furniture can be requested for an initial 90-day period while waiting for arrival/delivery of their unaccompanied baggage (express) and main HHG shipment.

Ninety-day extensions can be requested if valid justification is provided (shipment delay, etc.). Our loaner kit consists of beds, bed frames, nightstands, dressers, sofa, armchairs, end tables, lamps, coffee table, dining table, and dining chairs.

Our Full Tour Appliance Program provides appliances for the entire duration of your tour while living in the local economy. Items such as refrigerators, stove, microwave, washers & dryers, wardrobe lockers, 220V to 110V transformers, and portable Carbon Monoxide (CO) detectors can be obtained from our Housing Furnishing Division. We advise all customers that delivery and pickup of loaner furniture and appliance will require that you are present in your home. There are penalties if you are not present or available for the contractors to execute.



## **H**ousing Allowance

The Personnel Support Detachment at NAS Sigonella is your main point of contact for questions about military housing allowance and entitlements. For Department of Defense civilian personnel, your local HR will be your POC. Active duty personnel should visit the Defense Travel Management Office (DTMO) website at <a href="http://defensetravel.dod.mil">http://defensetravel.dod.mil</a> for more information about prevailing rates, policies and regulations that affect your entitlements. Some of the basics things to know prior to arrival:

Temporary Lodging Allowance (TLA) – All active duty military personnel with dependents and all E5 and above unaccompanied/single personnel must check-in to HSC Sigonella within 48-hours of arrival in order to draw TLA. Per NASSIG Instruction 7220 (Installation TLA policy) and Joint Travel Regulation (JTR) requirements, TLA claims are submitted in 10-day increments and certified by the Housing Office for approval/payment by PSD. Accompanied families must obtain Certificate of Non-Availability (CNA) from the Navy Lodge prior to securing off-base TLF hotels. Unaccompanied E5-and-above personnel must use NGIS and will also require CNA prior to using off-base facilities.

Overseas Housing Allowance (OHA) – OHA for Sigonella active duty off-base residents consists of several categories consisting of rent, utilities, and Move-In Housing Allowance (MIHA). If this is your first time being stationed overseas, please browse through the Defense Travel Management Office to get acclimated with the various allowances and FAQ.

#### **Housing Support and Services:**

The Housing Department works closely with other NASSIG departments and tenant commands to ensure we are providing the best possible service to our fleet, fighters, and family. We also do this by collaborating with other service providers such as DODEA (school schedule and bussing for children), Personal Property Office (HHG), Personnel Support Detachment (pay & allowances), U.S. Naval Hospital Sigonella (EFM program and accessibility), Fleet & Family Service Center (base indoctrination, temporary loaner kits, sponsorship

training, inter-cultural relations workshop, family advocacy, etc.), Public Works (building repair and maintenance), Civilian Personnel Human Resources Office (administration of DOD civilian housing allowance), Community Bank (utilities bill/rent payment), Security Department (housing security and force protection), U.S. Army Veterinary Service (Pets), and the Navy Lodge (temporary lodging). We thank all of them for helping us help you.

## **Motor Vehicle Registration Office**

The military community in the Sigonella area is spread out among various locations, so a car may be a necessity, depending on your circumstances. Transit time for privately owned vehicles (POVs) can be up to three months, and rentals are expensive, but there is a substantial used-car market here, with vehicles advertised weekly on various social media sites. Italian public transportation, bus, train, taxis and Navy-sponsored shuttles are also available.

## **S**hipping Your POV

You are allowed to ship one POV, at government expense. For DoD civilian employees, return shipment is only authorized if a vehicle was originally shipped under orders. The vehicle you ship enters Italy free of import duty (tax) and IVA (excise tax). The Italian Ministry of Finance (customs) authorizes DoD and NATO personnel to register a maximum of up to three POVs per family during their tour. The second and third vehicles (car, motorcycle, truck or van) are subject to annual Italian property tax.

The Italian Department of Motorization defines a motor vehicle as either an automobile or a motorcycle with engine power exceeding 1.5 HP and engine size exceeding 50cc. Therefore, if you ship an automobile, in accordance with DoD rules, you can ship one motorcycle or moped with your household goods, but you must pay Italian property tax when it arrives and is registered. All mopeds, motorbikes and motor scooters shiped with household goods are entered tax free, but must be licensed and registered with the Motor Vehicle Registration Office (MVRO) prior to use on the road. The Personal Property Shipping Office provides information on how to arrange for shipment of your POV.

When turning in your POV for shipment, you must ensure that the vehicle identification number (VIN) on documents matches the physical description of the POV. An error may cause delay in receipt and registration of the vehicle.

There are no restrictions as to color, age, dimensions or special lighting of imported POVs. Vehicles shipped must be in mechanically safe operating condition and undergo a safety inspection upon registration.

Estimated transit times are 45 to 60 days from East Coast ports and 55 to 90 days from Gulf and West Coast ports. The purchase of a large new car just before leaving the United States is not recommended, but if you have a newer automobile and would incur costs by disposing of it, bring it. Driving conditions in Sigonella are not what they are in the States, so a big car will be

more difficult to navigate in narrow Italian streets and under congested, erratic driving conditions. Supply of parts and maintenance for U.S. cars is often inadequate. You can purchase new American cars, as well as foreign models from various sources on and off the base. Make sure that any car you buy has all the equipment required for registration and for driving on base, including seat belts and child protective restraints. Automobiles other than Italian makes, when bought in Italy, are imported duty free and deliveries can be made to Sigonella. In addition, when buying Italian cars you are exempt from paying the Italian government excise tax.

Only two U.S. insurance companies are authorized to insure U.S. vehicles shipped to Italy: USAA and GEICO. Both companies have offices in the United States, and it is easier to coordinate an insurance policy before your arrival if you plan to ship your vehicle.

## Registration

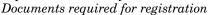
Each service member/DoD civilian must register vehicles through the NAS Sigonella's Motor Vehicle Registration Office (MVRO). There is a limit of three (3) vehicles during a tour of duty. All U.S. autos and motorcycles must use cover plates, which are similar to standard Italian license plates.

If you register more than one vehicle, the second and third vehicles are subject to payment of Italian property



tax, based upon the model year and engine brake horsepower rating, ranging from \$ 60 to \$ 900 per year.

Each year, one month before your registration anniversary month (i.e. register in July and revalidate in June) you will be required to revalidate your registration before you can receive your tax-free petroleum products. Upon receipt of any fees, MVRO will issue your base tags and taxfree petroleum ration card. All vehicles must meet the criteria set forth in NSA Naples Instruction 11240.19 series and NAS Sigonella Instruction 5114.2 series. Vehicles failing to meet inspection criteria will have gas rations suspended until appropriate repairs have been made. All vehicles will be registered in the sponsor's name only.



- Vehicle for a VIN verification
- Valid original vehicle title, previous registration, or certificate of origin (with no liens or with written authorization from the lien holder, acknowledging vehicle description and location and amount and term of lien)
  - Proof of insurance (originals only)
  - Driver's license
  - Proof of eligibility: military ID and PCS orders
  - Shipping document
  - Applicable registration fees

DoD civilian also need a Letter of Logistical Support from servicing HRO or Staff Judge Advocate, clearly establishing employee as part of the "civilian component" as defined in NATO Status of Forces Agreement (SOFA) and a copy of passport and soggiorno permit (or application receipt).

Documents the sponsor will receive after registration:

- Original military registration and Certificate of Title
  - Italian (cover) license plates
  - Petroleum products authorization





View of Mt. Etna during the winter months. Photo by Jackie Trembath

### Driver's License

Anyone wishing to drive in Italy must have a current stateside driver's license or a valid license from another country. Eligible drivers must obtain a Allied Forces Italy (AFI) Driver License to operate and register an AFI-registered vehicle. The AFI Drivers license is a privilege granted by the NAS commanding officer as issuing authority, and as such, the commanding officer can revoke this privilege based on driving record.

Regardless of stateside licensing, those under 18 are not allowed to drive cars in Italy. If you plan trips to other European countries, an international license is not required, but highly encouraged.

## **G**asoline and Oil

Gasoline, diesel fuel, and oil are available to DoD personnel in Italy on a tax-free basis, at a substantial discount from the local market and comparable to prices in the United States. Rationed coupons are sold at customer service desks through various Navy Exchanges.

The basis for tax-free gasoline is the sponsor's need to commute from home to work as an official duty. The ration amount, and rationed fuel type, depends on the primary registered vehicle's engine size. Allotment is 100, 200 (engine over 660cc), 300 (engine over 1200cc) or 400 (engine over 2900cc) liters of fuel per month. Motorcycle ration is up to 200 liters per month.

## **Purchasing Gas**

Gas coupons are only authorized to be used at AGIP and ENI stations. Some stations may not deal with them, so ask if they accept coupons before filling up. When purchasing gas, be cautious of the person filling up your vehicle. Most gas stations are full-service. It is a



The city of Enna, located a short drive from NAS 1 and NAS 2, is one of Sicily's most ancient centers and was an important city due to its location overlooking the surrounding area. Photo by Jackie Trembath

good idea to always get out of the vehicle, tell the attendant how many "litri" you want, then sign your coupons while they are filling up the vehicle. Coupons must include signature, plate number and date. Selling, bartering, lending or giving coupons or the product itself to any person, or buying or borrowing from any person is prohibited. Illegal use of coupons is a violation of the Uniform Code of Military Justice and Italian fiscal law.

## **S**pare Parts

It is a good idea to include spare parts for your vehicles in your household goods shipment, as many items are not readily available through the NEX and auto parts are expensive on the Italian market. However, the NEX continues to improve its auto parts service, and parts may be ordered and received in about four to eight weeks.

Basic items or information you may want to ship:

- A detailed maintenance manual
- Two sets of spark plugs
- Four oil filters and four air filters
- Two sets of belts
- · Name and address of mail source for parts
- One complete set of brakes

Do not ship extra parts, or anything of value in the car itself, as items may be missing by the time the vehicle arrives.

## **A**uto Insurance

Vehicle insurance for the Sigonella area is expensive, and cost depends on make, model, year and age of the driver. Vehicles shipped at government expense cannot be registered or released for use without proof of valid insurance.

Third-party liability insurance is mandatory in Italy for all autos, trucks and two-wheeled vehicles. Policy conditions and premiums are established by law and are standardized throughout the country. Premiums vary according to the horsepower of the vehicle and the location of registration. If a vehicle has been insured with only minimum coverage, liability for death or injuries to passengers in that automobile is not covered. To provide this insurance, the owner must specifically ask the insurance agent for coverage.

Comprehensive and collision coverage are not included in the compulsory insurance; they are optional and specifically must be requested. In addition, comprehensive and collision coverage is not always available through Italian insurance companies. Most stateside insurance companies are not licensed in Italy. When considering whether to obtain comprehensive coverage, remember that the maximum the U.S. government will pay for a damaged or stolen vehicle under the Personnel Claims Act is \$2,000, regardless of the actual value of the vehicle.

Check with your insurance company and the nearest government transportation office concerning insurance coverage during shipment overseas. It is a good idea to have new policies become effective upon arrival of the vehicle in Italy.

## **B**uying, Selling, Scrapping

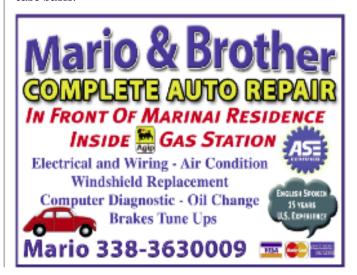
The sale of vehicles, shipped to Italy at government expense, is subject to the following restrictions:

- Sale to Italian nationals is prohibited.
- Sale to American personnel eligible for the same privileges as yourself is permitted only after you have driven the car in Italy for a minimum of six months.

The vehicle you import, if not shipping it back to the States, may be disposed of before your transfer from Italy in one of two ways:

- Sale to persons eligible for military registration.
- Transfer to U.S. Government for scrapping.

Selling a vehicle of any kind cannot be done via a Power of Attorney unless there are special circumstances, which MVRO may determine. POAs are no longer authorized for disposal of vehicles, except on a case-by-case basis.



### Vehicle Rental

Vehicle rental is available on base. If you rent a car while you are waiting for your vehicle to arrive from the States, you may obtain a temporary tax-free ration from MVRO. Coupons are purchased at the NEX.

## Motorcycles

In order to register your motorcycle in Italy, you are required to have a motorcycle endorsement on your license, from your state. Before you can operate any motorcycle, you will be required to attend a local Motorcycle Safety Course. Helmets and a reflective florescent vest are required and they must meet Department of Transportation and Italian specifications. They can be obtained at the Navy Exchange or on the economy. Riding motorcycles on Italian streets can be more dangerous than in the United States because traffic here is less regulated and road conditions are more hazardous. However, Italian drivers are generally more aware of motorcycles as the motorcycle is a major means of transportation here.

A motorcycle may be shipped at government expense as part of your household goods shipment. However, it is highly recommended that it be shipped in a separate crate, as motorcycles often take longer to clear customs. Ensure that the make, model and chassis numbers are clearly marked on the inventory of your household goods.

All motorcycles shipped in household goods must be registered with MVRO as soon as they arrive to avoid penalty fees from Italian Customs.

## **D**riving in Sicily

Upon arrival in Sigonella, you will notice driving habits are considerably different from those in the U.S. While at first there may seem to be no logic to traffic patterns, a closer look will show that there are distinct rules of the road. Learning these rules and some local driving customs will help you adjust quickly to driving in Sigonella. Because of the often congested roads and hurried pace of traffic, absolute alertness while driving is of





The Motor Vehicle Registration on NAS 2 handles all regulations and fees related to registering an automobile in Sicily. Photo by MC2 Brian Glunt

the utmost importance. Despite the seemingly erratic driving nature of Sicilian traffic, it is important to exercise the same caution in driving that you would at home.

## Rules of the Road

The following are some basic rules that govern driving in Italy. While driving, you are required to have a valid driver's license with Italian translation, a Military Registration and Certificate of Title of Motor Vehicle and proof of insurance. If any of these are lost or stolen, report it immediately.

Drunken driving is an extremely serious offense in Italy. In Italy, a blood alcohol level of 0.05 is positive proof of drunk driving. If you are under the age of 21 or have been a licensed driver for less than 3 years, the legal limit for alcohol in your system while driving in Italy is 0.00.

NAS Sigonella has ZERO tolerance for drinking and driving. A BAC of 0.05 and above onboard any NAS Sigonella installation will result in either administrative and/or non-judicial punishment (NJP). Refusal to submit to a breathalyzer/BAC test will also result in immediate loss of license for six months and a possible fine from Italian authorities, and loss of base driving privileges for one year. If you have had too much to drink, leave your vehicle and take a taxi, or call a supervisor.

Do not pick up hitch-hikers.

Many intersections have no stoplights or traffic control. The vehicle on the right has the right-of-way, unless there is a stop sign.

Low beams are now required by law on main highways or darker roads. Headlights should always be turned on in tunnels. Flashing headlights are also used to signal the approach to stopped traffic at crossroads, or to signal slower vehicles to move right and permit a faster vehicle to pass. When a car behind you flashes its lights, move to the right lane as soon as it is safe to do so.

Although some drivers may take what seems like unnecessary and dangerous chances to gain only a few feet of road space, Italian law requires you to allow overtaking traffic to pass.

While horn blowing is technically illegal in many Italian cities, it is loosely enforced. Many people blow their horn to signal approach to an intersection or intent to pass. Drivers also commonly use their hazard lights to signal danger, especially during slow or stopped traffic.

## Ready Navy

There are ways to mitigate the culture shock of living in a land where the populace speaks a different language and has unique driving habits. But the language and the driving may not be your only challenge. You will be living at the foot of Europe's most active volcano, fraught with tremors. As an added precaution, in the municipalities around Mount Etna, the mayors of these municipalities enforce a restriction on two-wheel vehicles which states: There will be no driving of two-wheel vehicles during times when ash falls. This precaution is due to slip hazards causing serious injuries to personnel riding two-wheel vehicles. You may also be challenged with the amount of rain and local flooding during the winter months and the fires associated with the droughts during the summer months. Additionally, due to its geographic significance, you will be living not far from countries which are often in political turmoil. Some groups in these countries are less than happy with the support provided by units operating from NAS Sigonella. Because of the nature of these potential natural and man-made emergencies which could cause damages, interruptions and shortfalls to local government resources, it is the policy of NAS Sigonella's leadership that all personnel be self-sufficient for a minimum of 72 hours should an emergency or disaster occur. For assistance, the Navy has developed the Ready Navy Program which can be found at www.ready.navy.mil. This website will assist you in developing family plans, developing emergency kits, and staying informed. Are you and your family READY for an emergency?

## **Personal Property Shipping Office**

All of us at the Personal Property Shipping Office (PPSO) would like to welcome you aboard. Benvenuti a bordo! We look forward to assisting you with your household goods shipment(s).

The PPSO is located on NAS 2 in Building 720. Just take a right at the fork in front of the Air Terminal and our parking lot is the second lot on the right.

Our customer service hours are Monday through Friday, 0730 to 1600 with the exception of Wednesday 0730 to 1400. Customer service will be closed for training at 1400 on Wednesdays.

We can be reached via e-mail at **ppso-sigonella@eu. navy.mil**, or by phone DSN 314-624-9650/9441/9440/9270 or commercial 011-39-095-86-9650/9441/9440/9270.

Sigonella is not a weight-restricted area and you may ship your full weight allowance.

Unaccompanied (to include geographic bachelors) military personnel above pay grade E-4 are required to live on the local economy. E-4 and below unaccompanied personnel will be provided bachelor quarters.

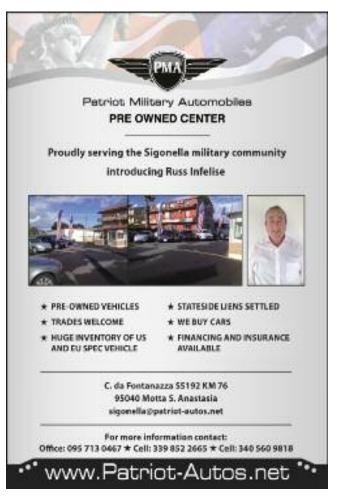
a. Accompanied military personnel (all pay grades) will be assigned to Marinai Government Contracted Housing, regardless of whether or not their orders include this provision. This policy will remain in effect until the occupancy rate in Marinai reaches 92 percent, contact Housing Department for more information, at HousingDirectorNassig@eu.navy.mil

b. Department of Defense civilian employees, as well as contractor civilian employees, are required to contact the Housing Department if desiring to live in Government quarters for more detailed information.

Personnel requiring temporary lodging shall be directed to utilize the Navy Lodge until there is no space available, at which time, those personnel shall be directed to economy temporary living facilities. Personnel can expect to spend anywhere from 10 to 30 days in temporary lodging. It is therefore recommended to take advantage of express shipments as desired.

Non-Temporary Storage (NTS) at origin is authorized at government expense for the duration of your OCO-NUS tour. You are strongly encouraged to exercise this entitlement for major appliances, large bulky items, and items which will be of little or no use during your stay in Sigonella.

The Vehicle Processing Center (VPC) can be contacted at DSN 314-624-5529/5413, commercial 011-39-095-86-5529/5413, or e-mail **vpcsigonella@transcar.de** for privately owned vehicles (POVs) shipped to Sigonella. The VPC is located on NAS 2. Their customer service hours are Monday through Friday, 0730 to 1630.



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## Base Services

## **Navy Exchange Sigonella (Main Store)**

The Main Store complex offers clothing for the entire family, shoes, jewelry, sporting goods, luggage, housewares, giftware, cosmetics, furniture, outdoor living, health & beauty products, beverages, snacks, books, greeting cards, souvenirs and much more. The Sight and Sound department carries an assortment of Apple Computers, iPads & iPods, Video Games & Consoles, Computer Accessories, Software & Games, DSLR & Digital cameras, Assorted Brand Laptops & Desktop Computers, Netbooks, Tablets, GPS devices, DVDs and CDs.

The Uniform Center is located inside the Main Store and carries Government issue and commercial uniform items. The Tailor Shop is also located with the Uniform Shop.

The following services are located within the store:

flower shop w/ FTD service, photo developing, cell phone shop and optical shop. Outside the store on the walkway are the following: Exchange New Car Sales, barber shop, beauty salon, business center, laundry/dry cleaning, pack-n-wrap, and 24/7 laundromat. Also included in the NEX complex is a food court that features Subway, BurgerKing and Cafe Italia Italian Café.

The Customer Service Department is located in the back of the store and provides the following services: check cashing (personal, military, and travelers' checks), Euro currency exchange, gas and oil coupons, Western Union, special orders, and Military Star Card payments/sign-up. Customers can also pay their Telecom (phone) and ENEL (Electricity) bills for off-base residents as well as register for home layaway, purchase automated school lunch tickets, sign up for Telepass (road tolls/fast pass) and much more.

The Navy Exchanges in Europe are very unique. We



The Navy Exchange Mini-Mart offers a wide selection of convenience items, magazines, games, and supplies located on NAS 2. Photo by MC2 Ramon Go



Located on NAS 1, the Navy Lodge offers Wi-Fi, breakfast-to-go, pet-friendly rooms, safety deposit boxes, 24-hour front desk assistance, and more. Photo by MC2 Ramon Go

offer a variety of items, which are purchased locally through our European Buying Office. Locally purchased items are mostly found in giftware, jewelry, handbags, wine, beer, food, candy, appliances, and some electronics. Look for vendors such as: Antica Murrina, Alviero Martini, Caleca, Giannotti, Mele, Sorrento, Tommasi, Barolo, Principe di Corleone, Condorelli, and more. We also carry Michael Kors & Guess items.

Store operating hours: Saturday/Sunday 1000-1800; Monday-Friday 1000-1900.

## Mini-Mart - NAS 2

The Mini-Mart offers items of convenience, such as beverages, tobacco products, food items, candy, snacks, health and beauty aids, stationary, CDs and DVDs, sporting goods, books and magazines. Also available here are a limited numbers of popular uniform items. Utilize our red phone for toll-free calls to our uniform support center for special order items. For more information, call DSN 624-5895.



Other services offered at NAS 2 include: barber shop, Dry cleaning, Vodafone Store, (Located at the Mini-Mart), Exchange New Car Sales, and Autoport (BLDG 522).

Mini-Mart store hours: Monday-Saturday 0645-2100, Sunday 0900-2000.

## **NEX** Depot

The NEX Depot is located on NAS 2 just inside the Main Gate. This unique retail store carries a large assortment of stationary, household, hardware, office furniture, and upholstered furniture All authorized Navy Exchange customers are invited to shop. For details, call DSN 624-5791.

NEX Depot store hours: Monday-Friday 0900-1700, Saturday/Sunday 0900-1600.

## **NEX** Autoport

The NEX Autoport is located on NAS 2 just past the ball field and beyond the traffic circle. The retail store carries a medium assortment of car care products, light bulbs, floor mats, filters, oil, engine/fuel additives, tires and car batteries. Automotive hard parts may be special ordered at the service counter. This location also has a full service garage that performs vehicle inspections, oil changes, tire mounting & balance, wheel alignments and other minor automotive repairs. All authorized Navy Exchange customers are invited to use this facility. For details, call DSN 624-2814.

NEX Autoport store hours: Monday-Friday 0900-1700, Saturday & Sunday Closed.

## Navy Lodge

The Sigonella Navy Lodge has 52 beautiful rooms available for reservations and is located on NAS 1. Rooms are oversize American-style with kitchenettes and private





## NUMN MARINAL RESIDENCE













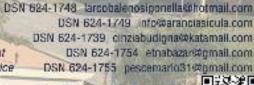


Umberto's Restaurant - Bar - Pizzeria L'Arcobaleno Baby Sitting Service and fun for kids Arancia Sicula Local Market

Cinzia Budigna Hair & Beauty Salon

Etna Bazar Antique, Vintage Objects & Furnishing; Thrift Store; Consignment Mario's Custom made Iron, Ceramic & Lava Stone turniture; Framing Service

Marinal Residence The best Govt. Family Housing at Sigonella 170 som comfortable houses with carport and backyard; Large Sport, Green and Playground Areas; Double Electrical System 110/220 V Security fence and access control: English Speaking Staff Maintenance H24/7; Community Events and much more.



DSN 624-1736 umberto.sciaoca@hotma.Lit

Marinai Residence • DSN 624-1178 marinaires dence#pizzargtl/.it 2



Studio SPhoto DSN 624-1178 marinaires dence pizzaro (I) Rocco Pappalardo Professoral Profe

baths. "Pet-friendly" rooms available. Please call ahead to reserve your room now or reservations can be made on-line at **www.navy-lodge.com**. Call toll free worldwide: US 1-800-NAVY INN; DSN 942-5173; DSN 624-4082.

## **O**n Base Eateries

NAS 1

#### **NEX Food Court**

Subway Burger King Caffè Italia Taco Bell

#### **Mid-Town**

Piazza Pizza/Chock Full of Nuts Cafe Rosie's Café Buon Jaya Coffee Bar at the USNH Sigone

Buon Java Coffee Bar at the USNH Sigonella NAS~2Subway

Subway				
Chock Full o'Nuts Air Terminal				
Big Al's Restaurant				
Ristorante Bella Etna (All-Hands Galley).				
<b>Important Telephone Numbers:</b>				

important relephone numbers.	
Main Store Customer Service:	624-4363
Flower Shop:	624-4384
Beauty Salon:	624-4234
Barber Shop/NAS 1:	624-3770
Vodafone NAS 2	624-4493
Mini-Mart at NAS 2:	624-5423



The DECA Commissary provides service members, families, and civilians with everyday items from fresh fruit and vegetables to cleaning supplies. Approximately 10,200 line items are stocked to serve the needs of the NAS Sigonella community. Photo by MC2 Donavan Patubo

Uniform Center at NAS 2:	624-5895
NEX Depot:	624-5791
NEX HR Office:	624-4276
Navy Lodge Front Desk:	624-4082
Autoport Service Desk:	624-2814
Europear Car Rental:	624-5468
General Manager:	624-4379
On-Line Customer Feedback at www.mynav	yexchange.

## **BEAUTY SALON & BARBER SHOP**



Professional Service for Men - Women - Children Multilingual Staff

#### 30 years of service and experience at the Naples US Navy Base

- · Natural "Multi-Color" Highlights
- Basic Haircuts
- Trendy New Styles
- Elegant up-dos
- Brilliant Colors
- Carefree Spirals
- Gentle Relaxers
- Bouncy Body Waves
- Soothing Manicures



 Extensions and Braiding Services

- Relaxing Spa Pedicures
- Precise, Painless Waxing
- Therapeutic Massages
- Nail Extensions and Decoration
- Military Barber and Scissors Haircuts

DSN: 624-4234 COMM: 095-56-4234 Monday Closed Tue.-Fri. 10:00 am to 6:30 pm at. and Sun. 10:00 am to 5:30 pm



NAS II DSN: 624-5951 COMM: 095-86-5951 Mon.-Fri. 7:00 am to 5:00 pm Sat. and Sun. 9:00 am to 1:00 pm



Chock Full O' Nuts is a café that serves coffee and breakfast pastries, along with lunch items. It's located on NAS 2 by the Air Terminal. Photo by MC2 Brian Glunt

## **NEX** Employment

The Navy Exchange is a large employer in the Sigonella community with locations located on both bases. Employment opportunities are primarily found in

retail sales, but also include administrative, loss prevention/safety, manual or skilled labor positions. Job openings include full-time, part-time and flexible employment. Family members of active duty military personnel and DoD civilians have priority in hiring. Flexible and part-time employment is also available for off-duty enlisted personnel. The NEX has good benefits and a retirement program that you can build on as you work at any NEX worldwide. You may place your job application with the NEX at anytime, even if a position is not available immediately. Applications are always welcome for entry-level positions, which are filled through an "open register." Experience is preferred, but not required, and on-the-job training is provided for entry-level positions. Job announcements are posted in the NEX HR office located in the

Main Store and on our www.mynavyexchange.com website located under "Work for us".

The Navy Exchange is a great employer for those spouses who want to maintain a career path as they PCS from base to base throughout the world. We offer a Continuity program for military family members. Every

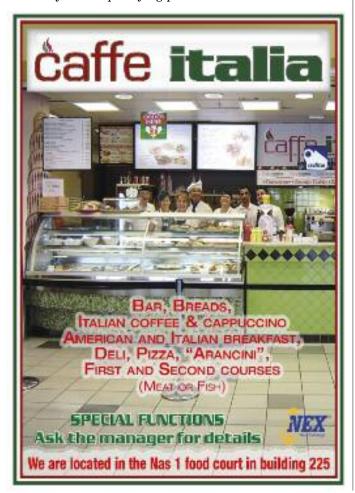






U.S. Naval Hospital (USNH) Sigonella is located on NAS 1, near the Navy Exchange. USNH Sigonella maximizes force health protection while promoting health and providing high-quality patient and family-centered care. Photo by MC2 Ramon Go

time a military family member is preparing to relocate, our human resources group begins an employment search as soon as we are notified of the next duty station. Participants in this program receive priority placement for one year for qualifying positions.



## **S**igonella Commissary

With over 10,000 items available it's worth the trip!

#### Sigonella Commissary

We provide Superior Customer Service, Every Customer, Every time!

#### **Custom Cakes**

Cakes can be special ordered. All cakes, with the exception of the big events cake require a 48-hour notice prior to delivery. Big Event Cakes require one week notice.

#### Having a Party?

We offer Deli (meat or cheese trays), fruit or veggie trays made to order. See your Produce or Deli/Bakery. We request 48-hour advanced notice.

#### Deli

We also have special cuts of meat available such as: Crown (Pork) Roast, Whole Skinless Ham, Whole Beef Tenderloin, and Whole Beef Rib, Roast, Whole Beef Round Top, Whole Piglet, and more. Just stop by or call one of the managers and we will special order for you.

#### Food safety

Due to the extreme warm weather here in Sicily, it is recommended that all refrigerated products be transported home in an ice cooler to maintain its proper temperature. Once home, produce must be placed immediately in your refrigerator or freezer to maintain quality, freshness and shelf life. Any refrigerated product left out of its proper recommended temperature will deteriorate at a rapid pace.

#### **Store Hours\***

Sunday	1000-1800
Monday	Closed
Tuesday	
Wednesday	
Thursday	



The Flight Line Clinic is located on NAS 2 by the NEX Mini-Mart. Photo by MC3 Cameron Bramham

Friday	 	 	 	1	000	-1900
Saturday						

\*Disabled patrons may begin shopping 30 minutes prior to normal hours.

\*\*Early-bird shopping for patrons purchasing limited items is available 0800-1000 every Tuesday-Friday.

# **U.S.** Naval Hospital Sigonella

The Status of Forces Agreement (SOFA) permits the U.S. Naval Hospital to provide medical care to U.S. military personnel both active duty and retired, their bona fide family members, and other specified U.S. personnel who are present in Sicily, Italy by virtue of their support of NATO organizations.

# **O**verseas Screening

You should immediately begin the process of overseas screening for you and your family as soon as you have orders in hand. This typically consists of medical examinations, inoculations and an interview with a command representative. Your command's administrative department should have all the details on this process, so contact them immediately.

Additionally, if you or one of your family members has a change in their medical condition after completion of their overseas screening, notify your command at once.

You should contact your respective medical facility to begin the overseas immunization series far enough in advance so a last minute rush is avoided. Having to get several shots at once can be painful, especially for children.

An "International Certificate of Vaccination" (PHS Form 731) is required and will be issued before leaving the United States when you have completed the required shots. Booster shots are given as required at the U.S. Naval Hospital in Sigonella.

Because not all subspecialty medical and surgical ser-

vices are available, an overseas screening process must be completed by all military, civilian personnel and their family members prior to their arrival in Italy.

Medical Treatment: Patients with medical problems that exceed Naval Hospital capabilities must be transferred either to local community healthcare services or other military treatment facilities in Europe or CONUS via the military medical evacuation system.







Marcello Stella MD
Specialist in Plastic and Reconstructive Surgery

American Trained Patient Coordinator will take your calls, answer your e-mails and your text messages, book your appointments and advise you.

mobile: 342 314 9532 - 333 719 9579

stellasurg@gmail.com marcellostellabisturi@yahoo.it www.chirurgiaesteticadottstella.it GPS COORDINATES: 37.527841 15.086769 Primary Care Clinic: Urgent care appointments may be obtained by calling for a same-day or next-day appointment. Routine appointments may be scheduled as necessary. Call DSN 624-2273 or local commercial 095-56-2273 - Monday through Friday from 7:30 a.m. until 4 p.m.

Emergency Care/Ambulance Request: Emergency care is available in the Emergency Department 24 hours a day, seven days a week. The non-emergency Emergency Department phone numbers are: DSN 624-3844 or local commercial 095-56-3844.

The ambulance request line is DSN 624-1911/5255 or local commercial 095-86-1911/5255. The ambulance dispatcher will determine the most appropriate medical response team and have either an American or Italian rescue crew dispatched to your location.

Power Of Attorney: Minor children not accompanied by a parent or legal guardian cannot receive care unless a special power of attorney has been obtained from Naval Legal Services Office and is present in the child's medical record.

Questions concerning medical care should be directed to:

U.S. Naval Hospital,

PSC 836 Box 2670

FPO AE 09636-2670

ATTN Head,

### **Important Phone Numbers**

Central Appointments - DSN 624-CARE (2273)/Comm. 095-56-CARE (2273)

Emergency Department - DSN 624-3844

Emergency Department - Comm. 095-56-3844

Ambulance request line - DSN 624-1911/5255 or Comm. 095-86-1911/5255

Patient Administration - DSN 624-4842/Comm. 095-56-4842

# Tricare Europe

TRICARE Europe offers beneficiaries two options in the TRICARE system. TRICARE Standard is your standard benefit and will always be available.

TRICARE Prime is an enrollment plan for your healthcare. All active duty members are required to enroll in TRICARE Prime. By enrolling in TRICARE Prime you will be assigned a Primary Care Manager (PCM) who is responsible for your healthcare needs. Enrolling in TRICARE Prime costs you nothing. If you





The Flight Line Clinic provides check-ups and other medical services located on NAS 2, near the NEX Mini-Mart. Photo by MC1 Tony Curtis

need to use a provider in the local community (for a covered benefit) you will not incur a cost share or deductible that is incurred under the Standard TRICARE plan.

Your PCM will be a military provider located at U.S. Naval Hospital Sigonella (located on NAS 1) or the Flight Line Clinic (located on NAS 2). If you need specialty care that cannot be provided at the Naval Hospital, you may be referred to our provider network in the local community. All network providers meet our credential standards. Most have signed a contract with International SOS and most speak English. We provide transportation and translation services to the network provider appointments.

For more information about TRICARE please contact the Referral Management Center at the U.S. Naval Hospital, Sigonella by calling DSN 624-4848 or commercial 095-56-4848.

# **D**ental Care

Dental care is available at the Naval Hospital. For appointments call DSN 624-4205/3848. The dental clinics provide a wide range of dental services. Priority for treatment is highest for active duty and active duty family members, then retirees, family members of retirees, and DoD civilians, in that order. Appointments may be limited due to staffing constraints.

Prosthodontics and Orthodontics are limited in their availability. Prosthodontics is limited by the demand created by active duty personnel. Orthodontic care is provided primarily to continue treatment initiated in CONUS prior to receipt of orders overseas. Patients who have braces placed after receipt of orders to Sigonella are not eligible for continuation of treatment. Rarely, a



The American Red Cross exists to provide care to those in need. Our network of donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world, through five key service areas: Disaster relief, supporting America's military families, lifesaving blood, health and safety services and international services. The American Red Cross is located on NAS 1, near the Library. Photo by MC2 Ramon Go

few new orthodontic patients are accepted for treatment, and these are selected primarily based upon the severity of the case. It is strongly recommended that patients be in good dental health prior to departing the United States for their assignment to the Sigonella area.

DoD civilians and their family members are eligible for "space available care". Federal law makes DoD civilians INELIGIBLE for prosthodontics and orthodontics, even if treatment was started prior to receipt of their job assignment to Sigonella. A fee for treatment, as determined by

DoD, is charged for all dental work and services rendered to DoD civilians. Space availability is extremely limited for DoD civilians and their family members, and it is strongly recommended that all dental treatment be completed prior to arrival in the Sigonella area.

**A**merican Red Cross

**Location:** NAS 1, Bldg. 318, Second Deck next to the Base Library. We are open for regular business Monday through Friday, 0800 to 1630.

Services: The American Red Cross provides Emergency Communication services to assist service members and their families during a family emergency situation. Emergency messages can be initiated by family in CONUS, or by military members and spouses located in Sigonella.

The American Red Cross provides Emergency Communications coverage 24 hours a day, 7 days a week. The after hours emergency coverage is from 4:30 p.m. - 8:00 a.m. every day and 24 hour duty during weekends and holidays.

In addition to emergency communications, the Red Cross offers classes in CPR for Adults, Infants and Children, and First Aid and Safety; Babysitting; Disaster Preparation information and classes. Red Cross-certified instructors conduct Red Cross swimming and life guarding courses through MWR. Red Cross volunteers provide service to the Sigonella military community as workers at the Naval Hospital and Dental Clinic, Disaster Action Team (DAT) members, Instructors of Health and Safety classes. Volunteers also provide a variety of services by giving of their time at the Red Cross Field Office.

Our Mailing Address is:

American Red Cross Office of the Station Manager PSC 824 BOX 17 FPO AE 09623

You can contact us at:

DSN Phone: 624-4900 from 8:00 to 4:30 weekdays; 877-272-7337 (24 hours a day, 365 days a year).

E-mail Address: sigonella@redcross.org

# **H**uman Resources

Employment: Naval Air Station Sigonella hosts a variety of DoD commands and activities that employ U.S. civilian and sponsored family members of civilian sponsors and military members. The U.S. civilian component positions are located in both appropriated (AF) and nonappropriated (NAF) fund organizations. The Civilian Human Resources -office provides HR services including recruitment to fill U.S. appropriated fund positions. Civilian family members interested in employment can





MARCELLO MARCHI, M.D.



Diplomate American Board of Plastic and Reconstructive Surgery PREFERRED PROVIDER NETWORK

- AESTHETIC SURGERY OF THE FACE
- ABDOMINOPLASTY AND LIPOSUCTION PREPARING FOR PRT.
- AESTHETIC AND RECONSTRUCTIVE BREAST SURGERY
- MALE AND FEMALE GENITAL AESTHETIC AND FUNCTIONAL PLASTIC SURGERY
- MAXILLOFACIAL SURGERY AND ORAL SURGERY, SURGERY OF THE HAND
- LASER TREATMENTS FOR TATTOO REMOVAL AND

VARICOSE VEINS, ENDERMOLOGY, CELLULITE TREATMENTS

Via De Caro 104, Catania (Black Glass Building on Viale Ulisse near Ognina and McDonald's) GPS Coordinates: 37°31'49.21" N - 15°06'30.38" E

For Appointments Call 095-712-6972 (Tel./Fax) - 333220-1048 (Cell) Email: plasticsurg@tiscali.it



NAS Sigonella's Security Department administers random breathalyzer tests, inspects vehicles, and maintains force protection conditions. Photo by MC2 Ramon Go

apply for positions announced locally. The most frequently available local positions include Office Automation, Administrative Assistant, Child Development Assistant, Education and Training Technician, Recreation Technician, Secretary, and similar positions in the General Schedule pay system. Other sources of U.S. family member employment opportunities are available with other on-base establishments providing services to U.S. forces. There is no opportunity for employment of a U.S. family member on the Italian economy. The number of civilian positions available to U.S. family members at Sigonella is significantly lower than the number available in the continental U. S. (CONUS). The NATO Status of Forces Agreement (SOFA) precludes the hiring into the U.S. civilian component any person who is either an Italian citizen or "ordinarily resident" in Italy. An "ordinarily resident" individual is a non-Italian citizen who has made Italy his/her permanent place of residence and remained in Italy six months without becoming a member of the component force in Italy. Further, applicable statutes preclude U.S. citizens from being hired into local

national positions. If an individual holds Italian citizenship, he or she is precluded from employment as a U.S. civilian, regardless of whether or not the individual is also a U.S. citizen. For spouses who are not U.S. or European Union citizens, it is extremely difficult to find employment. Specific applications are required for NEX positions, and MWR non-appropriated fund positions. Both the NEX and MWR advertise their specific vacancies. These activities apply veterans/military spouse preference procedures. Application for NAF positions can be accomplished upon arrival. A resume application is required for employment for appropriated fund positions. Prior to arrival overseas, family members who are permanent appropriated fund employees who intend to immediately seek employment upon arrival in Sigonella should contact their current personnel office to determine if s/he can be granted a period of leave without pay at the time of their PCS departure. A copy of latest Standard Form 50 (SF-50) to establish your status as a current or former federal employee is required when applying for a federal position. If you are not a current federal employee, the Fleet and Family Support Center (FFSC) offers a class on how to apply for federal, NEX and MWR positions. The FFSC also offers individual counseling on resume writing, interviewing skills and job referral procedures. Each personnel office requires various forms and documents when applying for positions. Such information can be found in individual vacancy announcements. Veteran's preference procedures apply to federal employment: the regulations require selection of a qualified veteran with the applicable preference (i.e. military spouse or family member) ahead of an applicant without such preference. DoD has a "Military Spouse Preference Program" and "Family Member Preference Program." Under the Military Spouse Preference program, military spouses who are amongst the best qualified group are referred before family members (defined as spouses of federal employees, military spouses who do not have spouse preference and family members of civilian and military members). Most family members of contract employees are not eligible for federal

appointment as a family member. U.S. family members who are employed overseas in federal positions will be appointed under a Schedule "A" appointment, which is a dependent hire authority provided specifically for the employment of family members residing with their military or civilian sponsor stationed in a foreign area. Depending upon your position and length of employment, you may be eligible for a non-competitive appointment in the competitive service when you return to CONUS. It is important to note that in foreign areas, it is DoD/DON policy to limit civilian employment to five years. Employees who are dependents of military or civilian personnel stationed in the overseas area are exempt from such limitation. However, the length of appointment is tied to the sponsor's tour of duty and date of departure from the



area. Appointments may not be extended longer than the transfer from the area or the separation of the appointee's sponsor, or beyond the time the employee ceases to be a family member.

Depending on available funds, summer jobs may be announced under the Dependent Youth Employment Program. Each student applicant must have a Social Security Number, which should be applied for while in the U.S. In addition, each student must have their own bank account so that their salary can be deposited directly into that account. The rules applicable to regular employment (Italian citizenship and ordinarily resident status) apply to this program as well. Finally, in addition to the requisites indicated above for employment, U.S. employees and U.S. citizen family members assigned to Sigonella must have an official passport and 'missione" visa for entry into Italy regardless of dependent or employment status. It is important to note that U.S. citizens must satisfy the requirement of being considered "a member of the civilian component" as defined in the North Atlantic Treaty Organization (NATO) of the Status of Forces Agreement (SOFA). To meet this requirement, one must have been selected from the United States for assignment to a U.S. Government position in Italy, have travel orders, an official passport, have a VISA issued from the Government of Italy for "missione" purposes, and be issued a sojourner permit upon arrival. Dependent family members who accompany their sponsor (civilian or military) must provide a copy of their official passport, "missione" VISA, sponsor's travel orders, and sojourner permit. Tourists are not eligible for employment with the U.S. Forces in Sigonella, Italy. In order to work with the U.S. Forces in Sigonella, Italy in a position designated for citizens of Italy and other European Union (EU) countries, the applicant must be a citizen of Italy or another European Union (EU) country. Applicants also holding dual citizenship of the United States of America and Italy are not eligible for employment. All necessary information on how to apply for position vacancies at Sigonella with the Civilian Human Resources -office can be accessed at the following web link: http://www.cnic.navy.mil/regions/cnreuraf-swa/installations/nas\_sigonella/about/jobs.html.

The link provides a list of positions currently under recruitment. Application Forms and Instruction Sheets are found under the "How to Apply" section. Non-command sponsored applicants interested in working in the overseas area may want to consult the following web site: http://www.usajobs.gov.

# Personnel Support Detachment Sigonella

Personnel Support Detachment (PSD) Sigonella offers pay and personnel services, Educational Services (ESO), official passport, and passenger transportation requests to more than 30 tenant commands onboard and in support of NAS Sigonella. Additionally, PSD maintains DEERS/RAPIDS for the issuance of ID Card and Command Access Cards (CAC) services to all uniformed active duty and reserve personnel and their family members throughout the region.



The PSD Sigonella office is located onboard NAS 2, directly across from the AMC terminal. The satellite PSD Sigonella office (PSD Annex) is located onboard NAS 1, next to the Post Office and across the passageway of Community Bank.

PSD Sigonella customer service hours are: Monday, Tuesday, Thursday and Friday from 0900-1500; and Wednesday 0900-1300.

PSD Annex's customer service hours are: Monday 0930-1500; Tuesday and Thursday 1230-1500; Closed on Wednesday and Friday. As a satellite office, the PSD Annex provides limited services. Supported services include: DEERS/ID Card/CaC and the process for checking onboard NAS Sigonella.

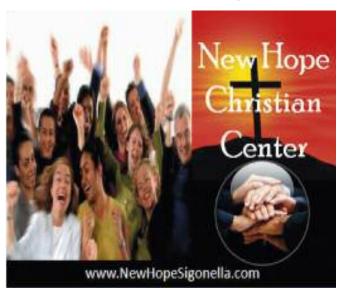
Appointments for DEERS/ID Card/CaC is required. Emergent issues and walk-ins will be taken on a case-by-case basis. To schedule an appointment, please visit the DEERS/RAPIDS website at:

https://rapids-appointments.dmdc.osd.mil/appointment/default.aspx

For more information concerning PSD Sigonella or to receive your command's Command PASS Coordinator (CPC) information, please call 624-5651 or the PSD Sigonella CDO phone at +39-335-642-8274.

# **S**ecurity Department

The NASSIG Security Department is the second largest Naval Security Force in the European AOR. Our



Services

WORSHIP\*

Sunday 11:00am

BIBLE STUDY'

Wednesday 6:30pm

 Youth Ministry open for nursery, youth & teens. Ministries & Groups

Leadership Training
Outreach Ministry
Men's Fellowship
Women's Fellowship
Singles' Fellowship
Young Adult Fellowship
Teen Group

Located & note from NAS 3 Poot gate

discribers: From NAS I, terminal unito 35 195.
Peri 205 Housing Gata. At double white gate, but fell into MHCC parting let an 35 195.

Mission is to provide reliable and professional Law Enforcement, Anti-Terrorism and Force Protection services. We will accomplish this through cooperative relationships with U.S., NATO, and Coalition forces, while enhancing the quality of life for all of our citizens. We are a full service, community oriented security force, serving the entire Sigonella community. Our services include:

# **S**ecurity Operations

**Location: Building #606** 

# **Traffic Tickets**

During your tour you may receive a traffic ticket. The Italian police usually issue them on the spot, but your plate number could be taken down and a ticket mailed to you at a later date. If you receive one in the mail, do not ignore it.

If an Italian police officer in uniform along the side of the road steps your way waving what appears to be a lollipop stick (red circle on white disc), the officer is saying pull over, and you must do so.

If you are stopped, do not be disrespectful. If a communication gap exists and the officer writes you a ticket for a violation you cannot understand, accept it and bring it to NASSIG Security Department for clarification.

Most tickets can be paid on the spot. This is legal in Italy and not a bribe. If you elect to pay, the police officer will give you a receipt. And that is that. You'll hear nothing more about it. Keep the receipt.

For the more serious traffic violations, however, the fine cannot be paid on the spot. These violations may result in a criminal charge. If you receive a notice of this nature, bring it to the Naval Legal Service Office (NLSO) for advice and appropriate action.

When issued a ticket on base the sponsor will be notified via their work e-mail or the work email of their chain of command with information regarding a court appearance. Court is held once or twice a month in the NAS 2 legal office. If you have questions about Traffic Court please contact the Traffic Court clerk in the Security building, #606 on NAS 2, or calling 624-5950.

# Vehicle Accidents

In the event you are involved in an accident, certain procedures must be followed. The steps to be taken will depend upon whether the accident is classified as minor (no injuries or deaths in either vehicle) or major (injury or death of a passenger in either vehicle).

Minor accidents:

- Exchange license data, name and address, insurance company, policy number and vehicle tag numbers. Insurance data is located on the windshield insurance sticker.
- Do not leave the scene until information is exchanged.
  - Try to obtain names and address of witnesses.
- Report the incident to your insurance company within 48 hours.

- It is necessary that all accidents be reported to NASSIG Security Department as soon as possible. In incidents involving vehicle damage to private, state or municipal property (light poles, stop signs, buildings etc.) notify Security immediately.
- Generally, minor accidents are a matter between individuals and their insurance companies. *Major accidents:* 
  - Notify Security immediately and ask for help.
  - Try to obtain names and addresses of witnesses.
- Remain on the scene, if able, until the Security police or Italian police has investigated the accident.
- In both major and minor accidents, obey the Italian authorities. They have jurisdiction and can arrest you if you do not cooperate fully. Also, red plastic triangles are required by Italian law and should be put on the road to caution other drivers of an accident. These are available at the NEX Auto port and on the local economy. They should be carried in your vehicle at all times.
- If you are the driver of a vehicle involved in an accident that injures or kills another person, the investigating police, regardless of the ultimate determination of fault, may initiate criminal charges automatically. Prompt notification of your commanding officer and NLSO is important to protect your rights, and to obtain the services of an Italian attorney under contract to the U.S. government to represent you.
- In case of an accident, personnel having automobile liability insurance with an Italian firm are required to notify that company within 48 hours of the accident. Fai-

lure to notify the company within the time period can be justification for the company's refusal to accept liability.

# Pass and ID

To provide pass, identification, and access control services, as directed by the Security Officer or delegated authority. Specifically, we provide rental car passes to US and foreign military members and their dependants. We also provide ration cards for permanent and TAD personnel and their dependants. We have implemented a computerized database to create and track all ration cards to permanent personnel. As the Ramp Badge coordinator for NASSIG we are in charge of issuing ramp badges and proximity cards for personnel assigned to NASSIG and tenant commands. We issue passes for local nationals that are contracted to work on the installation and we act as the liaison between local contractors and the 41st Stormo. We issue ID cards to all visiting VIPs from around the world who attend special events on base. Some of the lesser used services we provide includes but is not limited to photo passes, visitor and contractor flag passes, fingerprinting for ISOPREP clearances and dependent employment. We issue on average 75 to 100 passes a day. We receive access lists and control all access to temporary contractor and guests for special occasions on NAS 1, NAS 2 and housing areas. We also are responsible for issuing all rental vehicle passes. If it is access control, this office is the place to go





A member of the NAS Sigonella Security Team uses a mirror to check underneath a car during a random vehicle inspection. Photo by MC2 Ramon Go

to. All newly reporting NASSIG personnel need to check in and out for either their vehicle passes and/or ramp badge. We are committed to providing excellent customer service in a timely and efficient manner.

Office hours:

0800-1600 - Monday, Tuesday, Thursday and Friday

0800-1300 - Wednesday

Fingerprinting hours:

1230-1330 - Monday, Tuesday and Thursday

Passes can be obtained afterhours on NAS1 at the Pass and ID Officer next to the ECP in Building 320. For NAS2 passes can be obtained inside of building 606 at the desk sergeant's window.

# **C**riminal Investigation Division (CID)

Criminal Investigations Division (CID) personnel conduct criminal investigations of a nature not falling within NCIS purview. This dedicated and professional group conduct interviews, interrogations, searches, and seizures. They are skilled at processing crime scenes, surveillance detection, and assisting NCIS. CID also



maintains the NASSIG Evidence vault and runs the Lost and Found program. NASSIG Criminal Investigations personnel pride themselves in serving the community of NAS Sigonella.

# **K-9** Division

NAS Sigonella's Military Working Dog Kennel is an essential division within the Security Department. As the largest kennel facility in the Mediterranean, our K9 Teams provide vital security through explosive/narcotic detection and anti-terrorism/force protection measures. Good relations with the local community are fostered through patrol and detection demonstrations for Italian schools, while also educa-

ting American children with participation in multiple community events. Dog teams are also continuously deployed supporting missions in Afghanistan, Djibouti, and other various high-threat zones, while providing protection for dignitaries both locally and internationally.

# Force Protection

NAS Sigonella's Force Protection (FP) Division is responsible for the coordination and implementation of DoD and USN Force Protection policies and directives to prevent hostile actions against all military members family and civilians, resources, facilities, critical assets and information. Some of the policies implemented are transparent to the rest of the community as most FP measures are conducted by the Security Department within the confines of the installation. DoD and thier family members are vulnerable to terrorist tactics especially while off base, and the FP Division is at the forefront in providing the necessary information and actions in order to prevent NASSIG personnel from becoming victims of terrorism. Current and up to date information regarding threats in the area are disseminated through distribution of Daily Travel Advisory, providing area specific briefs for leave, conduct AT Level I indoctrination brief for newly reported personnel and conduct vulnerability assessment for off-base facilities used for gatherings.

Force Protection is everyone's responsibility and although the Security Department provides security for the installation, the robust FP policies implemented at NAS Sigonella involve all personnel from the various departments and tenant commands. The FP Division is the central point for coordination of implementation of base wide measures to ensure uniformity and consistency. All hands involvement in FP measures conducted by departments and tenant commands include Random Antiterrorism Measures and Antiterrorism drills. This degree of involvement from all levels ensures that all personnel are well aware of the necessary actions to take to avoid becoming victims of terrorism.

# **Physical Security**

Physical security describes security measures that are designed to deny unauthorized access to facilities, equipment and resources, and to protect personnel and property from damage or harm (such as espionage, theft, or terrorist attacks). Physical security involves the use of multiple layers of interdependent systems which include CCTV surveillance, security guards, protective barriers, locks, access control protocols, and many other techniques.

# **S**ecurity Training

NAS Security Training Division is structured and designed to provide quality and timely training in Law Enforcement and Anti-terrorism to all divisions in the Security Department. The strict adherence to DoD and Navy Policies in training sets the standard for excellent performance of Security functions aboard NAS Sigonella.

# **Liaison Division**

The Liaison Division is a team formed by Italian Security Operation Assistants who provide liaison and language services between U.S. Navy representative, NATO personnel, and Host Nation authorities. They are a vital part of the department and work side by side with the Security patrolmen in the performance of their duties whenever they are called to interact with non-U.S. citizens or when they respond to incidents or accidents outside of the installation. They are on duty 24/7 and their responsibilities range from translating written instructions, to providing assistance in any emergency that involves U.S/NATO personnel (traffic accidents, house break-ins, domestic violence, assault, theft, etc). In order to inform local law enforcement agencies of a crime or offense, the liaison division aids victims in filing the Italian crime report (denuncia). At the NATO pier, they ensure liaison service between the U.S. ship crewmembers and the Italian authorities.

# NASSIG Safety Department

The NASSIG Safety Department provides safety and inspection services to all NASSIG and tenant commands in accordance with US Federal and Italian Occupational Safety and Health legislation. Our services are provided by a professional staff of US and Italian workers committed to providing a safe place to work and play while you are stationed in Sicily. Our services cover a wide gamut of specialized areas including training, confined space evaluations, respirator fit test, workplace inspections, heat stress, indoor air quality, and mishap investigation.

Safety is also responsible for traffic safety. As the traffic safety program coordinator we provide training and testing for new personnel and dependents. Prior to being permitted to operate a vehicle in Sicily, you must

attend our AAA-Driver Improvement Program tailored to the European environment. After successfully completing this course you will receive an Italian translation of your stateside license for use abroad. Additionally we have certified motorcycle instructors and teach both the Basic Rider's Course (BRC) and the Experienced Rider's Course (ERC) and the Motor Sport Rider's Course (MSRC) for employees owning motorcycles or expecting to ride in Europe. Recertification of motorcycle training is required every three years.

Safety tracks all vehicle mishaps and occupational incidents and maintains statistical records to establish trends. Traffic is our number one focus since more employees and family members are injured or die of traffic-related mishaps than from any other cause. We strive to encourage safe driving and prevent accidents associated with speeding or alcohol abuse.

Safety also works to ensure what you do off the job is done in a safe manner. We coordinate and provide training to ensure all employees and dependents are aware of risk associated with various local sports and outside activities. We have many resources and can assist you personally or as a group to make your overseas experience as safe as possible. The Safety Office is located on NAS 2, in Building 634 and is open from 0730-1600 during the workweek. We can be reached at the following address and phone numbers:

Safety Department

PSC 812 Box 3260 - FPO AE 09627-3260 DSN 624-5630 - COMM: 39 095 865630



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# Door to Door S

NAS I to	Day Rate	Late Night*	NAS II or Marinai to	Day Rate	Late Night*
NAS II	15 euro	20 euro	NAST	15 euro	20 euro
Motta	20 euro	25 euro	Motta	30 euro	35 euro
Etnapolis	25 euro	N/A	Etnapolis	35 euro	N/A
Porte di Catania	20 euro	N/A	Porte di Catania	30 euro	N/A
Catania	30 euro	35 euro	Catania	40 euro	45 euro
Airport	30 euro	35 euro	Airport	40 euro	45 euro
Catania Train Station	35 euro	40 euro	Catania Train Station	45 euro	50 euro
Banacher	45 euro	55 euro	Banacher	55 euro	65 euro
Acitrezza	50 euro	60 euro	Acitrezza	60 euro	70 euro
Etna	70 euro	80 euro	Etna	80 euro	90 euro
Taormina	75 euro	85 euro	Taormina	85 euro	95 euro
Augusta	80 euro	90 euro	Augusta	80 euro	90 euro
MWR has negot	iated speci	al,	Motta to	Day Rate	Late Night*

taxi service provider. 5 euro per person surcharge after 4 people. Additional fee for excess luggage that exceeds taxi's capacity

reduced flat rates with this independent



40 euro

Sigonella Cab

\* Late Night is 11 pm - 6 am

35 euro

# Morale, Welfare and Recreation

# **W**elcome to MWR Sigonella

The MWR mission is to provide top quality-of-life support through a wide variety of recreation activities, quality childcare, and entertainment services to our forward deployed sailors and their families in Sicily. We aim to make your stay here in Sigonella comfortable and memorable.

# **C**ommunity Activities

MWR keeps the community entertained by coordinating a myriad of free events throughout the year. We organize two community festivals: Red, White & Boom and Autumn Fest. The festivals are jam-packed with command and local organization-sponsored booths offering carnival games, tons of food with both classic American and international flavors, inflatable games, carnival rides, local vendors, and many other activities and contests for all ages. Festival attendees can also enjoy music from a variety of live bands and DJ's.

Sig's the Season creates a festive atmosphere to kick off the holidays. Community events include, a community tree lightin and Winter Wonderland. The entire event is held in the Midtown complex creating a home town feel for all.



MWR's Outdoor Recreation offers rentals on sporting and camping equipment. Located within the same service center, Information, Tickets, and Travel offers a variety of tours and weekend getaways." Photo by MC2 Ramon Go

Throughout the rest of the year, Sigonella plays host to countless comedians, live bands, and American celebrities who stop by to pay tribute to the Navy community in Sigonella. Rob Lake, Mark Wills, and The Plain White T's are among some of the most recent celebrities and acts to visit NAS Sigonella.

# **Recreation and Entertainment**

### ITT Gear-n-Go

Consider this your one-stop shop for adventure and local cultural activities! ITT Gear-n-Go offers you countless ways to explore the island and beyond with a vast array of tours and outdoor adventures. We offer trips to local markets, wineries, ruins from when the Greeks, Romans and many other cultures ruled Sicily, World War II historical sites and even fresh historical sites, like Savoca, the setting of scenes from The Godfather. Our day trips are a great way to explore the island with a tour guide and without the worry of directions, driving or parking. Extended trips are also offered throughout the year and include: Secrets of Sicily, Christmas in Rome, Thanksgiving in Tuscany just to name a few.

Sicily offer the perfect opportunity to take advantage of Outdoor Recreations activities like camping, hiking, , standup paddleboarding, kayaking, cycling or snowboarding on an active volcano or just rent gear and go on your own adventure. This facility is loaded with kayaks,

mountain bikes, tents, sleeping bags, coolers, grills, snowshoes, winter clothing and snow-boards.

The ITT staff will help you arrive at your destination, whether you go on an escorted trip or on your own. Using ITT Gear-n-Go's Create-a-Trip feature, you can even design a trip for yourself and your friends... just let us know where you want to go and you can rent a van and driver! If you'd prefer to drive yourself to the destination, detailed driving directions are also available at ITT or you can rent a GPS.

For a list of this month's adventures and events, visit **www.sigmwr.com** or like MWR Sigonella on Facebook.

### SpareTime Bowling Center

Experts and beginners alike will enjoy hitting the certified lanes in the Midtown Complex! This facility boasts ten lanes with automatic scoring, Extreme Glow-in-the- Dark Bowling, leagues, a pro shop and a refreshment area.



Marinai's Youth Complex is home to the Teen Center for 11 to 18-year-old children still in grade school. The complex is fully equipped with the latest PlayStations, X-Boxes, televisions, games (foosball, ping-pong, pool tables) and a wide variety of other activities. Photo by MC2 Ramon Go

SpareTime is also a great place for private parties and command functions. Piazza Pizza can cater parties at SpareTime upon request.

### **Auto Skills Center (ASC)**

The Auto Skills Center is stocked with tools and large car lifts for self-repairs of your vehicle. The ASC also offers machines for tire mounting and balancing as well as a car wash and vacuums. Helpful and knowledgeable staff are always on-hand to provide assistance, for those who need it.

### **Midtown 2 Theaters**

Catch the hottest same-day-as-in-the-states released movies at two state-of-the-art digital 3-D theatres. They have comfortable stadium seating, powerful sound, crystal clear pictures and a concession stand stocked with delicious snacks. Birthday packages are available and you can also reserve the theaters for private and command functions or trainings. Contact the theater manager to reserve one or both theaters.

### Connections

Located on NAS 1; Connnections features Frasier's Pub, a non-smoking facility, that also has a recreation center for those 18 and above. Listen to music from the digital jukebox, while relaxing with a pint, or soda or one of the featured Italian wines available for purchase. Take a seat on one of their plush leather recliners and



watch movies that are projected in the movie room. Connections has free Wi-Fi, desktop computers and printing capabilities. Enjoy the pool table or slot machines! The facility has lots of PlayStation and X-Box units and games available.

### Take 5

Located on NAS 2; Take 5 Recreation Center is a non-smoking, alcohol free recreation center for all hands. Take a seat on one of their plush leather couches or recliners and watch non-stop movies playing on the big screen, as well as TV's scattered throughout the facility. Take 5 boasts a 12-station Internet center and free Wi-Fi and printing capabilities. The facility has lots

of PlayStation and X-Box units and games available, as well as pool tables, ping-pong, and tour- naments for the gaming enthusiast.

This facility also houses the Liberty Single Sailor Program and offers information and signup for recreation services offered on the island.

### **LIBERTY Program for Single Sailors!**

Calling all single sailors and unaccompanied enlisted military!

The Liberty program is your ticket to non-stop excitement on base and beyond for only a fraction of the price.

On-base activities include bowling nights, luaus and BBQs. Among our top day trip adventures are Go-kart tracks, water parks, beach visits, ancient ruins and dine outs. For adventurous Sailors itching to travel, Liberty organizes weekend trips to world-famous destinations like Malta and Rome.

Come and check us out at the Take 5 Recreation Center.

### Jox Pub

This all hands, all-purpose club offers a myriad of activi- ties every week on NAS 2. Jox, with its Irish Pub décor is loaded with 11 plasma screen TV's and a state-of-the-art wall projection system to view televised sports broadcasts. Jox also hosts frequent billiard and dart tournaments. Boasting a wide variety of drafts and spirits from around the globe, this is also the go-to spot for most live bands that visit Sigonella. Show off your vocal range with karaoke, hit the dance floor and bust a move, or relax and play some pool or slots. Jox is also a great place for private functions and birthdays.

### Library

The Library was the first of only two libraries in the Navy to achieve DoD Premier Status! This facility is located in the Community Building on NAS 1 and stocks more than 18,000 books in children's, fiction, reference, and non-fiction categories. The MWR Library has more than 100 magazine and newspaper subscriptions and an expansive digital collection, with over 300 DVD's, 50 books on tape and CD's to choose from. The Library has the complete list of CNO's recommended reading, as well as a Tumblebooks.com subscription for Sigonella's more novice readers, with animated books offered in a few different languages. Children can also enjoy a



The Grinderz Skate Park on NAS 1 offers skateboard or rollerblade enthusiasts a unique opportunity to polish their skills and show off their moves. Photo by MR1 Gary Spence

weekly children's story time complete with activities. Learn a new language while stationed in Sigonella, the library offers the Rosetta Stone program.

The Library is also your Internet hub on NAS 1. It houses a 19-station Internet Center with printing and Scanning capibilities.

One of the MWR Library's most useful features is its expanded travel section, which includes countless travel books on virtually anywhere you might want to travel.

### **Grinderz Skate Park**

Sigonellans now have their own skater paradise! Complete with 4-foot and 6-foot half pipes, Grinderz is available to both skateboarders and in-line skaters. Ramps, grind rails and steps play host to regular skate contests and skate jams, and have even been tested by celebrity skater Greg Lutzka. To skate at Grinderz you must wear a helmet!

# MWR Aquatics

### **Splashers Aquatics Center**

This family-friendly pool is one of the crowning jewels of MWR's Midtown Complex. This large, heated pool has two waterslides: one twisty and one straight chute! The pool area also has a heated kiddie Splash Zone for those who prefer to wade and climb on our interactive children's area. This state-of-the-art facility also offers swimming lessons, lap swimming and swim workout assistance, incentive programs, and family nights during the summer. Splashers is a great place for summer time command functions and birthdays.

### NAS 2 Pool

The NAS 2 Pool offers another avenue for our active duty personnel and their guests to get fit and stay healthy. This 6 lane pool is heated and open year round for Lap Swim. The facility is also equipped with a training tank for commands to utilize while stationed in Sigonella. MWR hosts summer nights for single sailors to enjoy a movie while wading in the pool, and other competitions to entice our service members to try new activities. Contact the center for more information or to reserve either lanes or the training tank for command events/PT/PRT.

# "Getting Fit"

MWR Fitness is proud to provide outstanding events and services for all military members, DOD employees, and their families throughout the year. The fitness department hosts an annual run/walk series starting in August that culminates in March with our iconic Base to Base 7.6 Run/Walk or Half Marathon. In addition to these Sigonella Run Series events they offer specialty events such as the Motta Trail Run/Walk, Splash and Dash and Row Swim. MWR Fitness offers fitness certifications throughout the year for those interested in learning more about fitness or who may want to instruct fitness classes. They offer two

Certified Fitness Leader (CFL) courses per year and Navy Operational Fitness & Fueling System certifications. Both fitness centers offer an extensive line of cardiovascular equipment, weight training and a group exercise room. They offer Massage, Ballet instruction for ages 3 to 12 years, and Personal Training by appointment. If you are interested in starting a new fitness routine, the knowledgeable and friendly fitness staff is ready to help.



### The Fit District

This fitness center is located in the Midtown Complex of NAS 1 and presents an extensive array of exercise options for all fitness levels. Its cardio area holds over 40 tread-mills, elliptical trainers, stair climbers, E-Spinners, Jacob's Ladder and stationary bikes. In addition to the large weight room area, there's an indoor track, group exercise and Indoor Cycle room located on the second floor. On the ground floor we offer an indoor rock-climbing wall called The Cave, racquetball courts. and a full-size basketball court. The Fit District offers a variety of free fitness classes open to all patrons monthly. There are equipped locker rooms including a dry sauna. In 2012 the Fit District opened the Family Fitness Center, featuring dedicated space for children to play while the parent enjoys a workout. Family Fitness also features Hoist strength equipment designed specifically for youth, along with an "exertainment area" in the center. Please ask a front desk attendant for a tour of the facility.

### **Flight Line Fitness Center**

The NAS 2 Flight Line Fitness Center underwent renovations and re-opened in Spring 2014. The center has an additional 1,600 sq. ft of space for equipment and programs! This fitness facility offers a wide range of cardiovascular fitness equipment including treadmills, ellipticals, stair steppers, Concept 2 rowers, stationary cycles, and E-Spinners all located on the second floor. On our ground floor you will find four rooms filled with weight training equipment including benches, squat racks, and circuit training equipment. There is also an indoor Basketball and racquetball court along with a Group Exercise/Multi purpose and Indoor Cycle room for Command PT's and Group exercise classes.

# **C**hild and Youth Programs

### **Child Development Centers**

(Ages 6 weeks – 5 years (before Kindergarten)

The Child Development Center (CDC), located on NAS 1 is open Monday through Friday from 6:30~a.m. to 5:30~p.m. The CDC is closed on weekends and federal holidays.

The CDC offers a wide range of programs to meet your childcare needs. Childcare is available during the Indoctrination class – registration is required. Make





Splasher's Aquatics Center inside the NAS 1's Midtown Complex is home to an expansive 25-meter heated pool equipped with two water slides. Adjacent to the large pool is a kiddie section with a mini pool and kiddie Splash Zone. The facility offers swim classes, family fun nights, and other fun activities. Photo by MC2 Ramon Go

sure to register your child for care by contacting your sponsor or the Fleet & Family Support Center prior to your arrival.

We offer full-time childcare, hourly care, and part-day preschool enrichment program. Our caring staff is extremely knowledgeable and receives continuous training to ensure they are providing the best possible learning environment for your child.

### **Child Development Homes** (Ages 6 weeks - 12 years)

Childcare services are also available in Child Development Homes

(CDH) operated by certified and trained CDH providers that offer care in their base housing units. The CDH's are open Monday through Friday with various hours of operation. Shift work schedules are available.

Caregivers who operate CDH's complete the same regular training that CDC caregivers complete and operate their CDH under the same guidelines as the CDC. If you are interested in being a CDH provider, please speak with the CYP Director.

### **School Age Center** (Ages 6-12)

The School Age Center (SAC) Bldg. 318 is located in the community building on NAS 1 and has a full range of activities for school-age children. The SAC is home to our School-Age Care program, which provides before-school care from 6:30 a.m. to 7:20 a.m. and after-school care from 2 p.m. to 5:30 p.m. We provide constant activities for school-age children during all school breaks, including Winter Break, Spring Break, and summer vacation. Typical activities organized by the SAC include water park day trips, ice skating trips, arts and crafts days, and piano lessons. During the summer, the SAC offers Camp Adventure, which is jam-packed with exciting field trips, including beach days, for school-age children. The center also offers a wide variety of Boys and Girls Club of America, including Torch Club and 4H programs.

### **Youth Complex** (Marinai Housing - Grades 6 – 12)

The Youth Complex in Marinai is the home of our Teen Center for Youth ages 11 and in the 6th grade through



The Library offers a quiet place to study, read and concentrate located on NAS 1. Photo by MC2 Ramon Go

18 years old and still in high school. The complex is fully equipped with X-Boxes, X-Box Kinects, PlayStations (2, 3, & 4), Wiis, Wii Fit, big screen TVs, computers, a pool table, a ping pong table, an air hockey table, a foosball table, an electric keyboard, a drum set, and an acoustic/electric guitar. The Youth Complex is Sigonella's hub for our planned youth events. Come join us for excursions into town for

activities such as go-karting, paintballing, dinners on the town, hiking, kayaking, paddle boarding, snorkeling, and much more! Affiliated with the Boys and Girls Club of America and 4H. Come in and join us for a Cooking Club, Technology Club, Art Club, Smart Girls, Keystone, Torch Club, Passport to Manhood, and many more exciting activities. All Youth ages 11 (and in the 6th grade) - 18 (and still in High School) must be registered to participate. Registration packets can be picked up at the Youth Complex.

### **Youth Sports**

Open to children ages 5 – 18; this program offers many sport seasons including soccer, basketball, t-ball, baseball, cheerleading, dodgeball and more. In additioto our Youth Sports, Sigonella offers START SMART, a program that promotes parent and child interaction while building confidence in a non-competitive recreational environment for ages 3 - 5. START SMART is designed to teach the basic fundamentals of youth sports. Parents must participate in each class as their child's partner.

### **Navy Child and Youth Programs**

Navy Child and Youth Programs is committed to the well being of our families and youth – that's you! FitFactor is a web-based program that encourages youth to Get Up, Get Out and Get Fit! You'll see that phrase a lot around the base. Youth and teens get points for being active in a variety of ways – from team sports to household chores, can start earning points to achieve the five FitFactor levels. For each level they reach, youth and teens earn valuable prizes! The FitFactor levels are Energy, Strength, Agility, Adventure and Endurance. After achieving the FitFactor levels, youth and teens can go beyond and Feel the Power! FitFactor registration is available at the Fit District. If you would like to discover more about the program log on to www.navygetfit.com.





# Special wellness Packages for Sigonella Residents

\* \* \* \*
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For more information please visit our website www.centronettuno.com or call us +39 0942 643161

# Personal Support Organizations

# Fleet & Family Support Center

The Fleet and Family Support Center (FFSC) at Sigonella offers an array of support to both active and civilian members who are either single or those with families, and to all visitors and contractors who work in Sigonella. The FFSC provides opportunities that Enrich, Empower and Educate the Sigonella Community through information, education and counseling services. We are located at NAS 1 Building 319.

The FFSC staff offers an Intercultural Relations (ICR) class Bi-weekly for newcomers. This three-day class is mandatory for all U.S. Military personnel; other incoming personnel are encouraged to attend. One day in the classroom help participants understand and adapt to the Italian culture by learning basic Italian phrases, local customs, non-verbal communications, shopping tips and dining information. Participants are also taught to recognize culture shock, and how to cope with the symptoms. The second and third days consists of a field trip to help familiarize participants with the local area, the public transportation system and the wonderful Italian people. Additionally the Amici program is available to connect Americans with Italians for

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The Fleet & Family Center offers counseling and many other helpful family-based services to the NAS Sigonella community. Photo by MC2 Ramon Go

the purpose of a one-on-one true cultural experience. Whether you are arriving, or leaving Sigonella, FFSC Relocation Services are available to help make the transition process easier. Please contact the Relocation Program Educator if you need assistance. The FFSC's Loan Locker contains household items for your use until your household goods arrive; please use it again when you are ready to leave. Note, all service members are required to take the Smooth Move class (Arrivederci class) before being issued plane tickets by PSD when PSCing from this duty station.

The Family Readiness Program (FERP) provides a variety of services and resources to assist spouses or family members in successful job searches. Services include information on local employment, resume writing, interviewing techniques, volunteer opportunities and career planning. A variety of classes are available in support to the job search process.

Transition assistance is available for American military personnel who are either separating or retiring from the military. Transition GPS (Goals, Plans, Success): Navy leadership is committed to meaningful and effective transition assistance for all Sailors separating from the Navy, regardless of how long they have served.

Transition Goals, Plans, Success – or Transition GPS – replaces the 20-year-old Transition Assistance

Program (TAP) and is designed to strengthen, standardize and expand counseling and guidance for Active and Reserve Sailors separating from the Navy after serving 180 or more days of active duty. As part of the Veterans Opportunity to Work (VOW) to Hire Heroes Act, Transition GPS took effect November 19, 2012 and was fully implemented in 2013.

Transition GPS has four key components that significantly improve your transition support:

Mandatory Pre-Separation Assessment and Individual Counseling.

Mandatory 5-day Transition GPS Core Curriculum provides the following:

- 1-Mandatory Pre-Separation Assessment and Individual Counseling.
- 2-Mandatory 5-day Transition GPS Core Curriculum
- 3-Additional 2-day Career-Specific Curriculum (Education, Technical or Entrepreneurship) provides information tailored for your specific goals.
- 4-Mandatory CAPSTONE event, presented by the Fleet and Family Support Center (FFSC), which must be completed no later than 90 days

prior to separation in order to verify that you have met your Career Readiness Standards and received the transition services that you requested.

Services also include reference books and a career resources computer center. A resource room with internet access and reference materials is available to assist customers with their job search, transition, or relocation needs.

The Personal Financial Management program's purpose is to provide information that emphasizes a proactive, career lifecycle approach to service members' personal financial responsibility and accountability. The program provides basic principles and practices of sound money management, counseling tools, and referral services using a comprehensive education and training program. Its goal is to "empower" service members and their families to develop skills to better manage their financial resources.

The FFSC Counseling and Advocacy Program (CAP) offers personal and family counseling services to military members, their families, civilian and retirees with privacy act protection; Family Advocacy Program (FAP) provides support and intervention for domestic violence cases; Sexual Assault Prevention and Response (SAPR) for victims of sexual assault; and, New Parent Support (NPS) Home visitors for those families requesting NPS support. Licensed professional counselors and Licensed Clinical social workers provide all counseling services, life skills training, support groups and referral information.

The CAP Family Advocacy Program (FAP) provides clinical assessment, treatment and services for military members and their families involved in incidents of family violence. The intent of FAP is to protect victims from future abuse. FAP services include assessment of risk, safety planning and determination of appropriate interventions and /or treatment.

The Sexual Assault Prevention and Response (SAPR) program provides intervention services for victims of sexual assault as well as conducting sexual assault awareness briefs for Commands and the community. The program focuses on prevention and by-stander intervention and awareness. The Sigonella SAPR program conducts awareness events such as the SAPR walk in April which is Sexual Assault Awareness Month. The program provides 24/7 response capabilities by trained Victim Advocates.

The New Parent Support Home Visitation Program



(NPSHVP) at NAS Sigonella is a voluntary program for parents who are expecting and/or have children up to the age of five. The goals of the program are to prevent maltreatment of children and promote nurturing child-parent relationships through education, support, and referrals to other entities when appropriate. In addition to NPS home visits, this program also offers the Nurturing Parent Program as well as single parent support groups and a new father preparedness program called Daddy Boot Camp.

FFSC can connect you with other helpful agencies and activities including the Ombudsmen program and Exceptional Family Member representatives. To contact FFSC, call DSN 314-624-4291 or commercial 39-095-56-4291.

# **C**ulture Shock

Culture shock is the term used to describe the reaction people experience when moving to a foreign country or when they are trying to function in an unfamiliar environment. For example, moving from the United States to Italy, or even relocating from the East coast to the West coast of the U.S. can be traumatic. It can cause intense discomfort, often accompanied by irritability, bitterness, resentment, marital stress, hostility toward host nationals and depression. These symptoms are not restricted to those people living in a different culture for an extended period of time. Even tourists feel vulnerable and isolated when first confronted by a customs officer who doesn't speak English.

There are distinct stages of adjustment, which virtually everyone goes through when experiencing a culture wholly alien.

### **Initial Euphoria**

The honeymoon, everything new is intriguing and exciting.

### **Irritation**

There are so many adjustments. The multiple demands coming within a short period of time cause frustration. Annoyance fills your day.

### Adjustment

You begin to feel more comfortable in the culture, self-confidence increases, your sense of humor returns, and you realize the situation is not hopeless after all.

### Adaptation

Individuals have adopted some of the customs, values and personal attitudes of the host country. A support system has developed and you become integrated into a new social network.

Fortunately, culture shock is not a fatal disease. Dr. Robert Kohls, a cultural historian prescribes the following suggestions to minimize the impact of culture shock:

### Know the host country

There are many resources available to you if you care to seek them out, i.e. library, FFSC, MWR, etc. Your efforts will pay off not only in giving you some background knowledge, but in the pleasure your host nationals will take in recognizing that you took the trouble to learn about them.

### Have realistic expectations

The more you know about the host country, the more realistic your ideas will be of what you can and cannot accomplish. You'll be better prepared to deal with disappointment.



There are a variety of delicious meats and cheeses available throughout Sicily. Photo by Jackie Trembath

### You can't possibly do everything right

Be patient and go easy on yourself and others. In other words, give yourself and those around you a little slack. Remember, this is a foreign environment.

### Adjust your time schedule

Set your own pace and keep an open mind. Allow extra time for traffic and getting lost.

Don't compare yourself to the eagerly adventurous.

You may know someone who tears off each weekend, guide book in hand, and returns with enthusiastic descriptions of their discoveries. Don't feel guilty if your idea of enjoying the culture doesn't match theirs. Enjoy whatever pleasure suits you.

The FFSC offers a series of workshops to help ease your transition such as: ICR for newcomers, "Amici" cultural exchange program.

As you become better acquainted with your host country and make the effort to get to know the people, you environment will seem less threatening. In spite of the difficulties, the experience offers personal growth, friendship and memories that will last a lifetime.

speaks English in the larger city shops, those who insist on always seeking out someone who speaks English not only will irritate and alienate, but will constantly feel insecure and frustrated.

Remember, too, that Italy was once a collection of city-states under separate rule, and dialects abound, often sounding very different than the Italian you may learn in class. Although local expressions and pronunciations may be puzzling, Italian is the national language, and if you learn it, you will be understood. Language courses are available to those assigned to Sigonella, and tuition assistance may be available. Check in with the Navy College Office on arrival, and the staff can help you choose a course to fit your needs. Italian-owned schools of language and private tutors are also available in the Sigonella area.

A pocket dictionary or phrase book is a valuable tool even before your arrival, and a basic familiarity with words and phrases will make your transition into the local community much easier.

# The Shopping Experience

Shopping in Italy is a bit different from shopping in the U.S. Permanent stores and the growing numbers of shopping centers are the same, but street markets can be different, and to use them, you need to become familiar with an Italian custom: bartering.

Bartering takes Americans some time to get used to. We are used to going to stores and paying whatever price is marked on the item. While that is true of Italian stores, in the markets - the strings of stalls set out in alleys or back streets - you can buy almost anything for any price you and the seller can agree upon. Food items and fruit and vegetable prices are not haggled over very much.

The buying and selling of items becomes much more involved, intricate and exciting. You and the vendor have to agree on a price. If you pay the price marked or the one the vendor first mentions, he or she will gladly take

# talian Language

The Italian language is one of your greatest assets in making this tour fun and rewarding. Without it you are excluding the best avenues to an exhilarating experience. Nothing flatters people more than the knowledge that a foreigner has made an attempt to learn their language. Once you break down the language barrier, you will find a whole new world opens up, ready for your exploration.

You don't need to become a seasoned linguist to be understood. No matter how fractured your Italian, the host will be patient and appreciative of your attempts. You will be more successful in any situation — shopping, traveling, meeting neighbors — if you try to speak Italian. Although you will usually find someone who



### Following is a list of shopping-related Italian words and phrases.

# Shopping dictionary Types of stores

Alimentari: Grocery.

Arredamento: Furnishings store.

Barbiere: Barber

Cartoleria: Stationery store. Caseificio: Cheese store.

Elettrodomestici: Electric appliances

shop.

**Enoteca:** Larger wine store. **Ferramenta:** Hardware.

Frutta e Verdura: Fruit and vegetable

stand.

Gioielleria: Jeweler. Libreria: Book store. Latticini: Dairy products. Macelleria: Butcher shop. Mobili: Furniture store.

Moda: "Fashion"; clothing store, usu-

ally for women's clothes.

Panetteria: Bakery.
Parrucchiere: Hairdresser.

Riparazione auto/gomme: Auto/ tire

repair shop.

Salumeria: Delicatessen; a small grocery store usually with a deli case with cheeses and cold meats and salami.

Supermercato: A larger store, usually primarily a grocery, but some also include other items like a K-Mart or

Wal-mart.

Vini, vini e olii: Wine store, wine and oil (and olives) store. Although less common, some have wine and oil in casks and olives in barrels, and you are expected to bring your own con-

tainers.

### Shopping terms

For food terms, see dining section

Berretto: Cap.
Bicchiere: Glasses.
Borsa: Handbag, purse.
Cacciavite: Screwdriver.
Calze di nailon: Nylons.
Calzini: Socks.
Camicetta: Blouse.
Camicia: Shirt.
Cappello: Hat.

Cappello: Hat. Cappotto: Coat. Carta: Paper. Casseruola: Pan. Chiave: key, wrench.

Chiave a forcella: crescent wrench.
Chiave inglese: "English wrench";

monkey wrench.

Chiodi: Nails.
Coltello: Knife.
Cucchiaio: Spoon.
Forchetta: Fork.
Giacca: Jacket.
Guanti: Gloves.
Lampada: Lamp.
Maglione: Sweater.

Martello: Hammer.
Padella: Frying pan.
Pantaloni: Pants.
Pentola: Pot.
Piattino: Saucer.
Piatto: Plate.
Sacco: Bag.

Scaffale: Bookcase, shelves.

Scarpe: Shoes Tavola: Table. Tazza: Cup. Vite: Screw.

### Generic terms/phrases

Many of these ideas are expressed by gestures, which are nearly impossible to reproduce in this book without extensive diagrams; ICR will teach you some, your sponsor may teach you more, and some you may pick up by watching Italian shoppers.

Quanto/quanto costa?: How much /

how much does it cost Vorrei: I would like Un chilo: One Kilo

Due/tre, etc. chili: Two / three, etc.

kilos

Mezzo chilo: Half kilo

 $Un/Due/tre\ etto:\ 100/200/300$ 

grams

Troppo!: Too much!

Posso provare?: May I try it out/on?

Cerco: I am looking for

Aperto: Open
Chiuso: Closed
Quale?: Which?
Questo/a: This

Quelli/e: Those, These.
Poi?: Then? (i.e. what else?)
Basta, e' tutto: No more, that's all
Dite: Speak. A vendor may use this

term to ask if you need help.

Piu': More Meno: Less

Poco, pochi: A little bit, a few

Si: Yes

Va bene: OK; It's all right

your money, but probably would have settled for less. One warning, though, if you offer a certain price and after haggling, the seller agrees to it, you are not legally bound, but by custom you are expected to pay the agreed price. If you don't really want it, don't keep bartering.



# **C**atania

NAS Sigonella has established a positive relationship with the nearest neighboring city of Catania. Many stationed here enjoy the opportunity to visit the city and enjoy all it has to offer. From the beautiful baroque cathedral to the infamous fish market, Catania has something for just about everyone.

# **S**hopping in Catania

The city of Catania has two main shopping areas: the historical center and the modern city. Near "Elephant Square", you can find the main shopping district along Via Etnea (Etnea Street), which is the heart of the historical center. On both sides of the street there are striking baroque buildings and churches, many of which have now been converted to stores of all kinds. Looming among the smaller stores, you will find two of the largest department stores in Catania, "La Rinascente" and "Coin" (simi-



A woman inspects fresh tomatoes in one of Catania's many markets. Photo by Lyndsay Curtis

lar to Macy's or Rich's). La Rinascente and Coin offer top of the line designer fashion accessories and dresses.

Most stores observe the riposo, which is a rest period usually from 1 p.m. to 4 p.m. Hours typically are Monday to Saturday from 0930-1330 and from 1600-2000 with the exception of Monday morning. During sale season (Winter second week in January and Summer second week in July) and Holiday season some of the stores are open continuously from 0930 to 2000.

The shopping "strategy" in Italy is more oriented towards the little shops and Via Etnea has a variety of them; there are famous shoe stores (Bata, Ferro, Cantieri) as well as stores for elegant and casual dressing (Benetton, Sisley, Epoca) and comfortable sizes stores (Elena Miro', Oltre, Ciao Magre, Fiorella Rubino, Persona).

The province of Catania has been growing lately as far as Malls there are several malls in the area such as: "Etnapolis" in the nearby town of Belpasso, Sicilia Fashion Village on A19 Palermo-Catania highway, Dittaino exit. The malls are open continuously from 0900 to 2200 Monday – Sunday with the exception of Monday mornings.

There is another aspect of the Sicilian shopping tour, which is the most "genuine" because it is related to the Sicilian tradition. This is open-air market which operates daily in Catania. The "Market in Piazza Carlo Alberto" is located behind the statue of the musician Vincenzo Bellini in Piazza Stesicoro near the ruins of a Roman Amphitheater, which dates back to the second century. The market is divided into several sections: dresses, accessories and food with fresh fish, vegetables and beef. The characteristic of this market is the fact that is possible to bargain on the price. (Usually you can get up to a 30 percent discount, especially on dresses) This market is open Monday to Friday from 0830 to 1300. on Saturday continuously from 0830 to 1900 and Sunday when it turns into a Flea Market with antiquedealing stands until 1300.

Another shopping area in Catania is Corso Italia. An elegant street located in the modern part of Catania starting from Piazza Europa. Here is possible to find: jewelry shops, casual dressing shops like Benetton, Sisley. Sportswear stores like Fila, baby stores like the famous Prenatal and elegant shoe stores especially in Via

Monfalcone a crossroad of Corso Italia. The nearby town of Misterbianco offers wholesale stores selling shoes, dresses, toys and various accessories at very reasonable prices. There you can also find "Auchan", a Wallmart-like store if you're feeling homesick.

# **E**ating in Italy

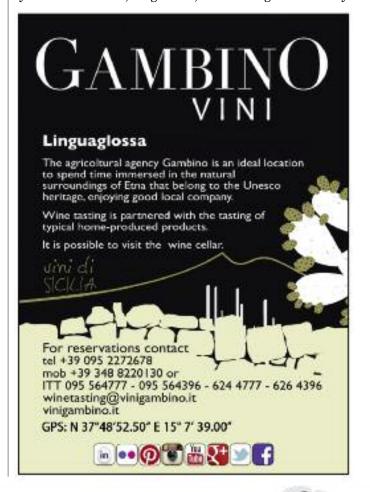
### A cultural experience

Dining out in Italy is a unique and pleasurable experience. This will probably be one of the first aspects of Italian culture that you will encounter. Your sponsor will almost certainly take you to his or her favorite spot. If they don't, ask them to do so.

Although many stateside restaurants advertise "real" Italian cooking, you'll

soon realize that those establishments offer an Americanized version of traditional Italian fare. You will also find that there really is no such thing as "Italian food." Instead, there is a great variety of regional styles — cooking in Milan is different, in general, from that of Bologna, or Rome, or Sicily. Many Americans think that Neapolitan cooking is some of the best Italy has to offer, and of course any Neapolitan will swear it is true.

While generalizations are only approximately true, you will find that, in general, the cooking of the Sicily



and Gaeta region features tomato-based sauces flavored with basil or oregano and the ever-present garlic, and that, like many other parts of Italy, seafood is a featured part of the cuisine.

Sicily offers several different types of eating establishments, but the distinctions are blurring as U.S.-based lifestyles permeate Europe. The following are some terms you may encounter and brief explanations:

Bar: Not a U.S.-style bar. Those places, usually hotels, that have U.S-style bars will advertise "American bar." While you can buy beer, brandy or other alcoholic beverages at Italian bars, the central feature is the espresso coffee machine. Sicilians visit bars throughout the day, but especially in the morning, when pastries are served with the coffee.

**Pasticceria:** Pastry shop, often connected to, or part of a bar. Such a sign usually means a wider selection of pastries available. Many serve foods other than pastries, such as sandwiches ("panini" — literally,

"little breads.") If "panini" is advertised on a sign, again, you could expect a larger selection. These are excellent places to get a quick, inexpensive snack or lunch. As in a bar, you pay first, and order second.

**Tavola Calda:** Literally, "hot table." These are more elaborate than panini shops, featuring hot snacks made freshly each day, and you select what you want from a glass-enclosed display. Most have a few tables. More elaborate ones are similar to U.S. self-service cafeterias.

Rosticceria (Girarrosto): These shops sell rotisserie-cooked meats, most often whole chickens; sometimes advertised as a "polleria." In Sicily many such shops border the streets and highways selling chickens that have been roasted on a spit and basted with oil flavored with such spices as sage, marjoram and oregano. (In Italian, a "something-extra" refers to a place that sells that particular item.) So, a "polleria" is a place that sells "pollo," which means chicken. It's a great source for an inexpensive and very tasty - if somewhat messy - lunch or dinner.

Ristorante: A restaurant offering a large-selection menu and full waiter service. These range from small





Sicilian dishes often include a combination of pasta, meat, and fish, and are usually served in courses. Photos by Giuseppe Stimolo

and intimate to very large and ornate (and sometimes expensive).

**Pizzeria:** Just like America...it sells pizza. Pizza was invented in Italy, but they are different from the pizzas served by Pizza Hut or Dominos. They are individually sized or no more than 10-12 inches in diameter and come covered in a wide variety of toppings. Most pizzerias also sell other foods, and many other types of eating-places also sell pizza. For example, a ristorante-pizzeria offers pizza as an alternative to its full restaurant selection.

**Trattoria:** With full waiter service, a smaller, usually family-run restaurant. The menu is more limited, the decor usually less ornate, and the prices usually lower than a full ristorante.

# The Dining Experience

What can you expect of eating in an Italian restaurant? Great food served at a leisurely pace. Eating in an Italian restaurant is different than eating in one in the U.S. In addition to the foods available, there are also differences in customs and even in how the meal is arranged.

Generally the attitude in an Italian restaurant is that the table you occupy is yours for a long as you want until closing if you desire. There is no sense of being hurried through a meal so someone else can use the table. Mealtime in Italy is a social time, and diners take their time between courses to converse and enjoy each others company. To be a waiter in Italy is to be part of a respected profession. So, the waiters take pride in providing good service. However, they also respect the (expected) wishes of their clients and will not intrude on the socializing.

For some Americans, all these things combine to give the impression that the service is bad - the waiters don't hang around your table, asking you six times if everything is O.K.; you have to catch their eye to tell







In the heart of Catania you can find one of the largest wineries of the whole Italy, which contains more than 10000 wine labels, and over; everyone will appreciate the polite and caring staff and the professional sommeliers, which will help you at any time to discover and choose the best wines. Il Cantiniere is a wine bar - restaurant, a culinary paradise for lovers of good food, where you can enjoy delicious appetizers and prestigious cold cuts and cheeses, main dishes and so on, with a good glass of wine or a special drink served in our Drink Room (an American Bar for cocktails and spirits). Enjoy a dip in a gastronomic journey tasting different varieties of meats. In the evening, the soft light makes the bottles exposed to bind harmoniously with the interior design of structures, infusing to the setting a warm and welcoming atmosphere. Il Cantiniere also provides a home delivery service from 9:00 a.m. to 2:00 a.m.



### Free Bus Shuttle

Il Cantiniere offers to guests of hotels (or private homes) the chance to reach, due to the new shuttle bus service, the restaurant - wine bar, only with a reservation for dinner. The service outward / return is free of charge within 20 km from the restaurant, for the whole day and night. For more information about, the reception staff is at your disposal.

them you are ready to order another course, or need more bread, or want the check; etc. The service usually is different and keyed to the Italian pace of life.

Mealtimes in Italy are later than most Americans are used to. Lunch rarely starts before 1 p.m., and a 8 p.m. dinner reservation is at the very earliest normal operating times for restaurants. It is not uncommon for an Italian family in a restaurant to start dining at 9:30 p.m. and leave the restaurant at 11:30 or later. The meal is also arranged in courses-things don't arrive at once.

The basic courses and order they arrive are (you can skip courses, or stop after only a couple): antipasto (appetizer), pasta primo, secondo (meat or fish - the main dish), vegetables and/or salad, fruit and/or cheese, dolci (dessert) and coffee and/or liqueurs.

Wine, water and bread are available throughout the meal if you want them. Many Americans order only the antipasto and pasta, and possibly a secondo. A main dish is only that - the food you ordered. If you order veal, for example, you'll get a plate of veal. You won't get a salad or potato or other vegetable; those you have to order separately.

In addition to the charges for the food and drinks, your bill (il conto) will usually include a "coperto", which is a cover charge for linen, dishwashing, bread, etc.; as well as the "servizio," which is the charge for service. This usually runs 10-15 percent. If you've received good service, it is also customary to add another few percent as an additional tip for the service. However, some places do NOT include servizio on the bill, so you need to check.

Restaurants are very willing to have and serve children, and you are likely to see several families eating when you are there. Most restaurants will bring you extra plates so you can share your meal with your small children. Also, if you ask them, most are willing to serve the children un menu bambini (small) portions or mezzo porzione (half portions).

Is there a Starbucks nearby? No (well at least not yet). What you will find is there are two types of coffee; neither is like American coffee. A "café" is an espresso; and cappuccino (strong coffee mixed with hot, foamy milk) are the most common. The proper conduct in a bar is to first approach the cashier, explain what you want and pay for it. Of course, you can look at what is offered before you go to the cashier. Then, take the receipt to the counter and order, leaving a small tip (about 10-20 euros cents) with your receipt. Most Italians remain stan-





Mortadella is a popular meat served in paninis throughout Sicily. Photo by MR1 Gary Spence

ding while eating and drinking in a bar. Many bars will have tables and chairs, but if you sit down, you are indicating that you want waiter service and are willing to pay the extra charge (as much as double) for that service. If you do get the waiter service, you should also leave a small tip for the waiter above the cost of food and drink.

# The Italian Meal

This section applies more to the sit-down, waiter-service restaurants. Eating in an Italian restaurant is different than in the United States. Quite apart from the differences in foods, there are also differences in customs and even in how the meal is arranged.

Generally the attitude in an Italian restaurant is that the table you occupy is yours for as long as you want — until closing if you desire. There is no sense of being hurried through a meal so someone else can use the table.

Also, mealtime in Italy is a social time, and diners take their time between courses to converse. To be a waiter in Italy is to be part of a respected profession. So, the waiters take pride in providing good service. However, they also respect the (expected) wishes of their clients and will not intrude on the socializing.

Restaurants are very willing to have and serve children, and you are likely to see several families eating when you are there. Most restaurants will bring extra plates so you can share your meal with your small children. Also, if you ask them, most are willing to serve the children "mignon" (small) portions or mezza porzione (half portion).

For some Americans, all these things combine give the impression that the service is bad. The waiters don't hang around your table, asking if everything is okay; you have to catch their eye to tell them you are ready to order another course, or need more bread, or want the check. The service usually isn't bad; it's just different, and keyed to the Italian pace of life.

Mealtimes in Italy are later than most Americans are used to. Lunch rarely starts before 1 p.m., and 8 p.m. is the normal operating times for restaurants to serve dinner. It is not uncommon for an Italian family in a restaurant to start dining at 8:30 p.m. and leave the restaurant at 10:30 p.m. or later.

### **GENERAL RESTAURANT TERMS**

Acqua: water Affogato: poached Affumicato: smoked Arrosto: roasted

Il bagno per signore: the ladies room Il bagno per signori: the men's room

Ben cotto: Well done

Bianco: White (as in white wine)

Birra: Beer Bollito: Boiled Burro: Butter Agnello: Lamb

Alla brace: cooked over live coals

Caffe': Coffee (espresso)
Caldo: Hot
II Cameriere: The waiter

Cena: Dinner

Con Crema: With custard, milk etc.

Cotto: cooked Crudo: raw Fame: hunger Ho fame: I'm hungry Al Forno: Baked Farcito: Stuffed Freddo: Cold

Fritto: Fried, usually deep-fried

Frizzante: Carbonated Grazie: Thank you Alla Griglia: Grilled

Latte: Milk

Menu del giorno: menu for the day

Manzo: beef Marinato: Marinated Mi scusi: Excuse Me Naturale: Natural

No: No
Pane: Bread
Passato: Pureed
Per favore: Please
Pesce: Fish

A piacere: of your choice Pieno, ripieno: stuffed

Piccante: spicy Pollo: Chicken

Posso avere il conto?: May I have the

check?
Pranzo: Lunch
II Prezzo: The price
Prosciutto: Ham

Media cottura: Medium rare

Quanto costa?: How much does it cost?

La ricevuta: The receipt Ristorante: Restaurant Rosso: Red (as in wine) Sangue: Blood

Sangue Si: Yes

Soffrito: Sauteed Spiedo: Skewered

Tritata: Ground (as in meat)

Uova: Eggs Vitello: Veal Vino: wine

Vorrei: I would like

The meal is also arranged in courses — things don't arrive at once. The basic courses and order they arrive in are (you can skip courses, or stop after only a couple): antipasto (appetizer), pasta, secondo (meat or fish - the main dish), vegetables and/or salad, fruit and/or cheese, dolci (dessert) and coffee and/or liqueurs. Wine, water and bread are available throughout the meal.

Many Americans order only the antipasto and pasta, and possibly a secondo. A main dish is only that — the food you ordered. If you order veal, for example, you'll get a plate of veal. You won't get a salad or potato or other vegetable; those you have to order separately.

Pasta dishes are usually described with two termsthe first describes the shape or style of the noodles and the second describes the sauce or way of preparing it. For

example, the tomato and meat sauce most Americans call spaghetti is called "spaghetti bolognese" - spaghetti in the style of Bologna. Sometimes the word "al" or "alla" is listed between the two; e. g. spaghetti alla bolognese. Pasta is generally either boiled and topped, or baked with various ingredients. Italians cook their pastas "al dente" ("to the tooth"), cooking it shorter times than most Americans. This gives the pasta a firm texture.

Nearly every restaurant makes their sauces a little differently than other restaurants. There are also regional differences, so these terms should be used as general guides to what you may actually get. Also, most places have a house specialty ("della casa"), which is usually worth trying, but you may have to ask what is in it (for example, if you are allergic to shellfish,

you would certainly want to know if the house specialty has seafood in it.) The sauces are in a variety of consistencies, some very rich and heavy, others delicate and thin. Italian cooks have experimented for centuries with the sauces that go well with which pasta shapes. For example, a thin sauce with shellfish will be served with spaghetti or linguini, while heavier sauces will be served with fettucine or tagliatelle.

Pizzas in Italy have thin crunchy crusts and, because they are usually cooked in a stone oven with wood coals, the edges and bottoms are sometimes scorched in places. The toppings tend to be thinner and usually have olive oil on them. So, the flavor is not quite the same as U.S.-style pizza, but many Americans (and other nationalities) enjoy.





### ANTIPASTI (APPETIZERS)

Antipasti Italiani/Misti/Assortiti: A plate of mixed items; usually includes several vegetables like zucchini, eggplant, etc. marinated, grilled or fried. It also usually includes olives, and small pieces of cheese.

Bruschetta: Slice of bread oven-toasted with a topping of fresh diced tomatoes, garlic, oregano and other spices and a dash of olive oil.

Caprese/Insalata caprese: "In the Capri style." Most often a salad with slices of fresh tomato layered with slices of mozzarella di bufala and topped with spices and olive oil.

Crocchette: Breaded and fried mashedpotato dumplings.

Insalata di pesce/di frutti di mare: A seafood salad containing boiled squid, octopus, mussels, clams, etc., usually served cold with a vinegrette sauce.

Mozzarella: A soft, white cheese. It usually means "mozzarella di bufala", not the kind we are used to on pizzas in the U.S.

Pizzetta: Small fried light-dough dump-

lings, flavored with a variety of spices and sometimes filled.

Prosciutto: Ham. When used alone, the word means thinly-sliced raw-cured raw ham. A delicacy. When a distinction is made between it and other varieties, it is called prosciutto crudo. Smoke-cured is prosciutto affumicato and cooked is called prosciutto cotto.

Prosciutto e melone: Sliced ham and fresh melon.

Prosciutto e mozzarella: Sliced ham and fresh white cheese.

Seafood: Many types of shellfish also are available as antipasti.

### PASTA DISHES, RICE DISHES (PASTA, RISOTTO)

Cannelloni: Cylinders of pasta, stuffed and baked.

Fusilli: Long, spiral-shaped twisted pasta.

Gnocchi: Small dumplings, in the Naples region made of potato flour; in other areas they are shaped similarly but made of pasta dough.

Lasagne: Flat, very wide noodles. Almost identical to lasagna noodles

found in the U.S.

Orecchiette: Small, ear-shaped.

Penne: Short tubes, cut on the slant to resemble quill pens.

Ravioli: Small squares of pasta, stuffed with various items.

Tortellini: Small round pastas, filled and twisted into a doughnut shape.

### FISH, SHELLFISH (Pesce, Frutti di Mare)

Acciughe: Anchovies.

Alici: An anchovy-like fish, usually served marinated as an appetizer.

Anguilla: Eel.

Aragosta: Spiny lobster. Astice: Maine lobsters. Baccala': Dried salt-cod.

Bianchetti: Very small sardine-like fish,

usually deep-fried.

Branzino: Seabass.

Calamari/calamaretti: Squid/baby

squid.

Carpa: Fresh-water carp. Cefalo: Mullet. Cernia: A seafish.

Cozze: Mussels, also sometimes called

Moscoli, Muscoli or Mitilo.

Dentice: Seabream.

Gamberi: Large shrimp. Also applied to small rock lobsters and sometimes to fresh-water crayfish. Usually you'll get something resembling a prawn.

Gamberetti: Very small shrimp. Gamberoni: Largeprawns.

Granchio: Most common term for crab.

Merluzzo: Cod.

Nasello: Hake. Orata: A fish similar to bream.

Ostriche: Oysters.

Pesce Persico: Fresh-water perch. Pesce San Pietro: John Dory fish. Pesce Spada: Swordfish.

Polipo: Usually means octopus, some-

times small squid. Polpo: Octopus.

Ricci: Sea urchins. Rombo: Turbot. Salmone: Salmon.

Sarago: A small sea fish, resembling bluegill.

Scampi: Large prawns, sometimes

means rock lobster. Seppia: Cuttlefish, similar to squid.

Sgombro: Mackerel.

Sogliola: Sole.

Spiedino Mare: Mixed fish and seafood on a skewer.

Spigola: Sea bass, grouper.
Tartufi di Mare: Sea truffles, a small

clam. Tonno: Tuna. Totani: Small cuttlefish.

pork:

Triglie: Redmullet. Vongole: Clams.

### MEAT AND GAME (CARNE E CACCIAGIONE)

Affettati: Cold cuts. Agnello: Lamb Arista: Loin of pork. Bistecca: Steak.

Capocollo: Smoked salt pork. Capretto: Kid (young goat).

Coniglio: Rabbit. Filetto: Filet. Lepre: Hare. Lombata: Loin.

Lonza: Loin, usually pork. Lumache: Snails.

Manzo: Beef. Pancetta: Bacon.

Maiale: Pork.

Salsa: Sauce.

mature pork is maiale. Prosciutto: Ham. Quaglie: Quail. Rane: Frogs, frog legs.

Polpette: Meat balls.

Porchetta: Young

Pollo: Chicken.

Salsicce: Fresh sausages.

Saltimbocca: "Leaps into the mouth", thin slices of spiced veal.

Scaloppine: Thin slices of boneless meat, usually veal.

Tacchino: Turkey. Trippa: Tripe. Vitello: Veal.

### HERBS AND SPICES, ETC. (ERBE E SPEZIE)

Aglio: Garlic. Basilico: Basil.

Cannella: Cinnamon. Chiodi di Garofano: Cloves. Erba Cipollina: Chives. Lauro: Bayleaf Maggiorana: Marjoram.

Menta: Mint. Noce Moscata: Nutmeg. Origano: Oregano. Pepe: Pepper. Peperoncino: Chili pepper. Rafano: Horseradish. Sale: Salt. Salvia: Sage. Senape/Mostarda: Mustard. Timo: Thyme.

### **DESSERTS (DOLCI)**

Cannoli: Pastry tubes filled with sweetened ricotta cheese mixed with cocoa and candied fruit.

Cassata Gelata: Ice cream with candied fruits and nuts.

Crema Caramel: Creme caramel; a custard topped with a caramelized sugar sauce.

Gelato: Ice cream.

Granita: Finely-shaved ice with fruit syrups. Thinner consistency than a snow-cone.

Meringa: Meringue shells.
Millefoglie: "Thousand leaves." A Napoleon; many very thin layers of pastry with custard filling, topped with powdered sugar.

Profiterole/a Cioccolata: Small creamfilled pastry puffs topped with chocolate sauce and sometimes also whipped cream.

Sorbetto: Sherbet.

Tartufi/di Cioccolata: Truffles; little candy balls made of a chocolate, coffee and egg mixture, served cold; also an ice cream dessert resembling a truffle in shape.

Torta: A widely-applied term referring to cakes and tortes of all types.

Zabaglione: A custard dessert, flavored with white or Marsala wine.

Zuppa Inglese: "English Soup." What the British call trifle.





# The Grocery Store For Everyone









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ACIREALE (CT)



S Super States Windows





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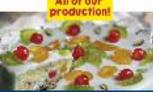




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Only fresh fish every day!

## Fruit & **Vegetables**



Daily freshness!

### Gastronomy Self Service



## Catering **Products**



wide selection and variety of catering products

## Meat Department



# The Love of Pizza

Most pizzas come flat, about plate-sized. There is one version, however, called "calzone" which is a pizza folded over the topping and then baked or fried, to make a kind of pizza sandwich.

There are many different kinds of toppings with many different names, so you may have to ask what top-

pings a particular pizza actually has on it.

In addition to the charges for the food and drinks, your bill (il conto) will usually include a "coperto," which is a cover charge for linen, dishwashing, bread, etc.; as well as the "servizio," which is the charge for service. This usually runs 10 to 15 percent. If you've received good service, it is also customary to add an additional tip for the service. However, some places do not include servizio on the bill, so you need to check.

# **Public Transportation**

Catania has a highly developed and fairly efficient public transportation system, encompassing buses, subway, trains, distance trains, taxis, ferries, hydrofoils and airplanes.

There are also suburban and long-distance services, but these generally do not run as often or have such dense concentration. As many Americans live in the base housing, public transportation is not usually a viable home-to-work option. Rather, public transportation is most useful for off-duty recreational travel.

### **Buses**

There are two bus companies (AST and ETNA) that serve Sigonella from and to Catania.

Buses from AST pick up outside of NAS 2 and Marinai. Both bus schedules can be found at the FFSC front desk.

Buses for other destinations on the Island and Mainland leave from Catania main Bus station (Piazza Giovanni XXIII). Use the following web-sites for timetables.

AST www.aziendasicilianatrasporti.it

INTERBUS www.interbus.it

SAIS www.saistrasporti.it

ETNA www.etnatrasporti.it

Short & long-distance Trains
Trains depart from Catania, Piazza Giovanni XXIII





There are many wonderful dishes to discover and taste throughout Sicily. Some places even offer cooking classes to teach you the secrets behind this island's wonderful cuisine! *Photo by Jackie Trembath* 

(Train/bus station), to different destinations around Sicily and mainland Italy. The official website where you can look up time-tables and prices is **www.trenitalia.it.** 

\*\* Remember to validate the ticket before getting on the train. To validate the ticket look for the yellow boxes located on the wall near the tracks.

### Taxis

A Taxi from Catania to NAS 1 or NAS 2 will cost approximately 40.00 to 50,00 EURO. It's always wise to agree on the price "Quanto costa la corsa per Sigonella?" and have driver write it down for clarity "Me lo può scrivere per favore?"

### Ferries and Hydrofoils

From Catania there is a ferry that departs every night for Naples, www.tttlines.it

From Messina to Villa San Giovanni (mainland) there is Caronte & Tourist www.carontetourist.it & Bluvia ferries.

### Parking information

In most cities you will find parking spaces with blue lines, that means that you need a parking pass (SCHE-DA PER IL PARCHEGGIO). Parking passes can be purchased at tabacco stores and news stands; there are hourly, daily, half day ticket valid from 08:30 to 13:00 and from 15:30 to 20:00 Monday through Saturday.

White parking lines are free and yellow are designated spots for disable and taxis.

# **S**icilian Sights

### So much so near

There is an abundance of breathtaking sights and warm-hearted, generous citizens throughout Sicily. During your tour at Sigonella, you really should take advantage of every opportunity to travel. A wealth of history awaits you. Many notable destinations are less than an hour away by car, making an excursion after working hours both feasible and enjoyable. You can also

explore the island by bus, train or organized tours offered by MWR or local tourist agents. It has been said that 70 percent of the world's art is in Italy-this just gives you some indication of the scope of the task to describe everything. Add to that the incredible wealth of Greek and Roman history, plus the history of the rest of Europe, and it becomes overwhelming. Those who travel and explore, enjoy Sicily the most. Listed here are several of the most popular destinations in Sicily:

**Agrigento:** This ancient city houses the ruins of more than 20 Greek temples, some in remarkably good condition. The international festival of the almond blossom tree is held every February. The Valley of Temples is a must-see during your tour.

**Catania:** From a beautiful baroque cathedral to the infamous fish market, Catania has something for just about everyone.

Cefalu': Cefalu', which dates back to the 9th century B.C., has long been considered the pearl of the northern coast due to its beautiful, inviting beaches and picture-sque old town. In the summer, Cefalu welcomes many visiting yachts. But it is best known for its cathedral, which is one of the best-preserved examples of Norman church architecture in Italy.

Messina: The province contains many ruins and monuments of exceptional historic, artistic, and archeological interest. Be sure to witness the "performance" by the astronomical clock at noon when all the statues move, the lion roars three times and the cock crows and flaps his wings. Then, a dove flies as the church of Montallo appears. Slowly and majestically, angels file past the Madonna, one handing her a letter while another takes it back, and the Virgin blesses them.

Mount Etna: Mount Etna is one of the world's major active volcanoes and the largest in Europe (reaching more than 11,000 feet). It is a magnificent sight, particularly in winter and spring when snow blankets the top and dense vegetation covers the bottom. On the northern slope, three ski lifts and a national skiing school operate during the ski season.

Palermo: Palermo, Sicily's largest city, is one of the richest in art and history; every period has left traces. It is a city of varied architectural influences: Phoenician in origin; Roman in the mosaics of Villa Bonanno; Arabic in some churches which were once mosques; French for the Hautville Dynasty, which left wonderful monuments; German for the Hohenstaufen tombs in the cathedral; Spanish in the names of some of its streets and piazzas, and for architecture recalling three centuries of rule by viceroys; and finally, Angelin and Bourbon recalling other periods of French domination.

**Siracusa:** According to Cicero, Siracusa was the finest and largest of all Greek cities and is now one of the most attractive towns in Sicily, with beautiful surrounding scenery and important ruins of the ancient past. Main attractions include the Greek theater, catacombs, stone quarries, and many ancient monuments.

**Taormina:** Taormina is a vision of beauty that stimulates the eyes, spirit and imagination. The Greek theater, built in the third century B.C., commands one of the world's most beautiful views. The town itself is built high above the famous coast of Taormina which thousands of tourists from all over Europe visit in the summertime. Naxos, a small town near Taormina, was the first Greek colony in Sicily, built in 737 B.C.

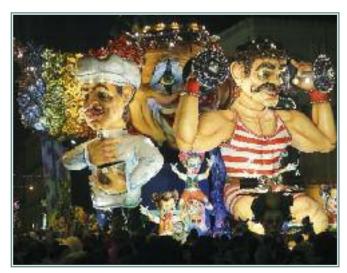
**Trinacria:** The original Greek name for the island of Sicily was Trinacria (Tre-three, Nacria-promontory) meaning the land of the three promontories. The island had already acquired this name and was referred to as such in Ulysses Travels.

From Homeric times, Sicily was characterized by its triangular shape. These angles are considered to be Capo Peloro at Messina in the northeast, Cape Correnti in the southeast, and Capo Lillibeo at Marsala on the west coast.

In the symbol's centers is the head of a Gorgon. In Greek mythology, the Gorgon represented three monstrous females with huge teeth, brazen claws, snakes for hair; the sight of whom turned beholders into stone. Medusa was the best known of the three mythological Gorgon, who personified the terrors of the sea.

The Trinacria is represented as a Medusa-like woman with three legs in a running position. The three legs point in the direction of Sicily's three angles, since the island is said to "rest on three legs." The three-legged symbol was undoubtedly derived from the ancient Greeks in the eighth century B.C. when they colonized the island. Legend says that when Perseus, the son of Jupiter, approached Medusa while she slept, and taking care not to look at her, cut off her head and gave it to Minerva, who fixed it in the middle of her Aegis: the shield or breast plate of Jupiter made by Vulcan on the island of Lemnon (one of the Aolian isles). It became the characteristic attribute of Minerva, and the symbol of the island of Sicily.





The Carnevale of Acireale is one of the most revered in Sicily. Photo by MC2 Ramon Go

# **NAS** Sigonella Command Religious Program

The Religious Ministries Department is comprised of a team of dedicated professionals committed to carrying out the Command Religious Program and building the spiritual readiness of the NAS Sigonella community. We accomplish our mission by providing a diversity of meaningful worship and sacramental services, through pastoral care and counseling, and through educational and growth opportunities. Our ministry is augmented through the full-time services of Military Community Youth Ministries who minister to middle and high school youth as well as the invaluable support of CREDO. For a complete listing of scheduled worship services and programs please contact us for a brochure.

There are many ways to volunteer opportunities within the chapel community. Teaching a class, serving

on a community relations team, or in a wide variety of existing ministry positions are just a few of the ways to involve yourself within the life of the community.

Our chapels and office spaces are conveniently located on both NAS 1 (Bldg 317) and NAS 2 (Bldg 742). Please stop by for a visit when you are in the area or contact us at DSN 624-3975 or 624-9049 or via email at NAS-Sigonella\_Chaplains@eu.navy.mil."

# The Navy-Marine Corps Relief Society

For more than 106 years, the Navy-Marine Corps Relief Society (NMCRS) has assisted over 4 million clients, providing over \$1.1 billion in assistance. A private, non-profit center of excellence committed to assisting personnel of the Naval Services – retirees, eligible family members and survivors in need.

Participating as a volunteer allows you to make new friends, develop new skills and make a difference in the quality of life here in the Sigonella Community. Stop by and see what opportunities are available for you.

**Location:** NAS 1 Administration Building (Building 319) – Above FFSC

Monday - Friday 9 a.m. to 3 p.m.

Who We Serve: Navy and Marine Corps personnel and their eligible family members worldwide.

Types of Assistance: Emergency Assistance-Interest-free loans and/or grants to help with emergencies such as funeral expenses, disaster relief, medical and emergency transportation

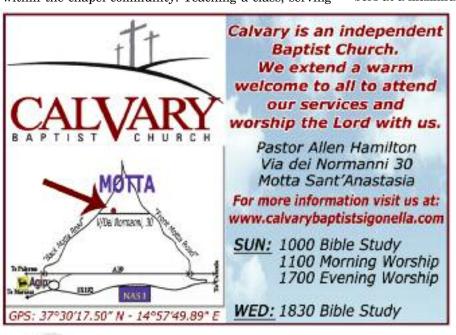
Non-Emergency Assistance- providing need based financial assistance for basic living expenses, household setup, vehicle repairs though interest free loans along with budget counseling. Let us help you plan for the future or learn about managing your money today. Call for an appointment with one of our trained budget counselors.

**Quick Assist Loans (QAL)** - A "no questions" asked loan for up to \$300.00 available to eligible service members at a maximum of two times in a one year period.

Spouse Tuition Assistance Program (STAP) - Tuition loans of up to \$3,000 per year for spouses of active duty Navy and Marine Corps personnel pursuing higher education.

Budget for Baby Program - Free financial planning advice includes "Baby's First Seabag" – a gift package valued at more than \$75 to expectant parents of all military branches regardless of income.

Visiting Nurses - Provide patient education, in-home visits, wound care and assistance to active duty, retirees and eligible family members in need. Nurses are available for in-home appointments, educating new mothers, and newborn checkups. NMCRS Sigonella Visiting Nurses also consult with post-surgical and other medical patients referred to us by the Naval Hospital doctors as well as self-referrals.



Nearly New Shop - The one stop shop for new and "nearly new" apparel, accessories, shoes, household appliances, luggage, books and children's toys at deeply reduced prices.

Contact Us: Navy-Marine Corps Relief Society www.nmcrs.org

PSC 817 Box 2720, FPO AE 09627 DSN 624-4212; commercial 095-56-4212 After-hours Emergencies: 335-740-6007

# **Substance Programs**

Who are services provided to?

Substance Abuse Rehabilitation Program (SARP) services are offered to all active duty personnel, retired personnel, federal employees under the provisions of the Civilian Employee Assistance Program (CEAP) and family members that are above the age of 18. Adolescents desiring services should be referred to the Adolescent Substance Abuse Counselor at the Stephen Decatur School.

### **Overall SARP Services**

SARP provides services to improve the health and wellness of all beneficiaries whose lives are adversely affected by substance abuse. Such services are:

Screening- A determination of whether or not a problem exists.

Level .05: IMPACT- An educational intervention for individuals that display significant risk factors but do not meet criteria for substance abuse or dependence.

Level I: Outpatient Treatment- For individuals that have met criteria for substance abuse with a moderate level of severity. It focuses on behavior modification and responsible decision making.

Level II: Intensive Outpatient- For individuals that have met criteria for either substance abuse or dependence with an intense level of severity. Treatment focuses on having individuals apply their newly acquired knowledge and skills within "real world" environments.

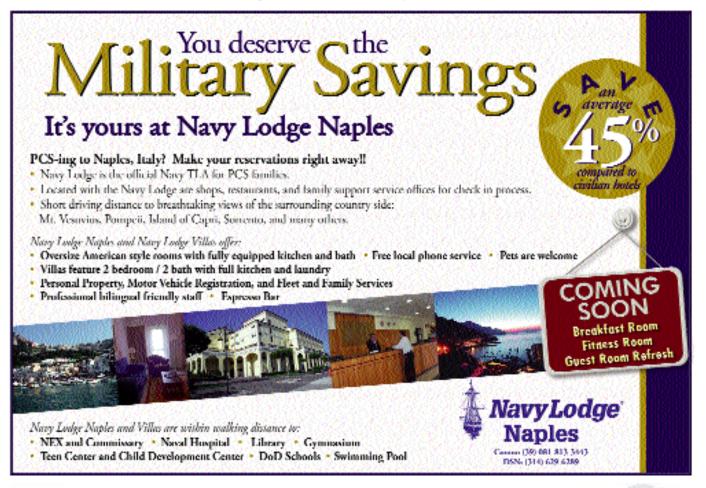
Level III: Inpatient Treatment- For individuals that have met criteria for substance dependence and require a live-in setting in order to develop their recovery skills.

After Care - Upon completion of treatment individuals graduating from Levels II & III will transfer into 12 months of Continuing Care.

Here at SARP Sigonella we conduct substance misuse screenings, quarterly IMPACT, one to one counseling sessions, weekly after care groups, and coordination to higher levels of care. Level I treatment and higher is conducted outside of Sicily. Upon request, SARP can provide educational workshops to the community.

### **Community information**

Personnel can be referred to SARP by their Command, Medical, by their Self-Referral or by Fleet and Family Service Center. Whichever referral, all active duty personnel will liaison with their Command DAPA to schedule an appointment. SARP can be reached by phone at DSN 624-6092 or by e-mail sarp\_sig@med.navy.mil. SARP hours are 8 A.M. to 4 P.M. Monday through Friday and is located on NAS 2 in the Flight Line Clinic on the second floor.



## SIGONELLA BASE COMMUNICATIONS OFFICE

# PACKAGE 1 TELEPHONE

- Telephone Activation: FREE

- Telephone Monthly: \$2.14

\* Local calls are 3 cents per minute

\* Calls to US are 4 cents per minute

# PACKAGE 2 TELEPHONE & ADSL

Telephone Activation: FREE
Telephone Monthly: \$2.14
ADSL Activation: \$70.00
ADSL Monthly Charges: \$50.00
Total Monthly Charges: \$52.14

# PACKAGE 3 TELEPHONE, ADSL, & BASIC IPTV

- Activation: \$62.00 (for only 1 box)

- Additional boxes are \$34.00 each\*

- Monthly: \$18.00

- Additional box is \$5.00 each per Month\*

 Total for
 Activation
 Monthly

 1 Box
 \$62.00
 \$18.00

 2 Boxes
 \$96.00
 \$23.00

 3 Boxes
 \$130.00
 \$28.00

TOTALS ARE FOR IPTV ONLY. PHONE AND ADSL ARE ADDITIONAL

# PACKAGE 4 TELEPHONE, ADSL, & PREMIUM IPTV

- Activation: \$62.00 (for only 1 box)

- Additional boxes are \$34.00 each\*

- Monthly: \$53.00

- Additional box is \$5.00 each per Month\*

 Total for
 Activation
 Monthly

 1 Box
 \$62.00
 \$53.00

 2 Boxes
 \$96.00
 \$58.00

 3 Boxes
 \$130.00
 \$63.00

TOTALS ARE FOR IPTV ONLY. PHONE AND ADSL ARE ADDITIONAL

To activate any service please visit the BCO at Building 465 (Next to NAS 2 Fire Dept) or call to set up an appointment. 624-5562

### SIGONELLA BASE COMMUNICATIONS OFFICE

NAS 2 Building 465 business hours:
Mon-Fri 0800-1500

Phone: 624-5562

<sup>\*</sup> NOTE—Additional boxes are only permitted in Marinai housing with a limit of 3 boxes total

# **Base Communication** Office Services

NAVCOMTELSTA SICILY is the Activity Providing Base Communication Services at NAS Sigonella to include personal telephone, Internet(ADSL) and IPTV communication services in on base living quarters. The Base Communication Office is located on NAS 2 in building 465.

This information sheet is provided to facilitate new arrivals in the use of the phone system:

COMMERCIAL DIALING INFORMATION
Within Italy to:     NAS 1
BASE AMBULANCE; FIRE; POLICE
DSN DIALING INFORMATION
Within Italy to:     NAS 1 / NAS 2 / MARINAI/NRTF Niscemi/ Augusta pier site 624-XXXX Trouble Desk working hours 08:00/16:00 624-5551     Trouble Desk after working hours 16:00/08:00 624-5553     Auto Attendant Directory Assistance 624-1110     BASE AMBULANCE; FIRE; POLICE 624-1911      From within Europe but outside of Italy to:     NAS 1 / NAS 2 / MARINAI/NRTF Niscemi/ Augusta pier site 624-XXXX Trouble Desk working hours 08:00/16:00 624-5561     Trouble Desk after working hours 16:00/08:00 624-5561     Trouble Desk after working hours 16:00/08:00 624-1110     BASE AMBULANCE; FIRE; POLICE 624-1110     From CONUS to:     NAS 1 / NAS 2 / MARINAI/NRTF Niscemi/ Augusta pier site 314-624-XXXX Trouble Desk working hours 08:00/16:00 314-624-5561     Trouble Desk after working hours 16:00/08:00 314-624-5553     Auto Attendant Directory Assistance 314-624-1110     BASE AMBULANCE; FIRE; POLICE 314-624-1110     BASE AMBULANCE; FIRE; POLICE 314-624-1110     BASE AMBULANCE; FIRE; POLICE 314-624-1110
NATO CORE NETWORK (NCN) DIALING INFORMATION           From Sigonella to NCN         606-640-XXXX / 606-433-XXXX or 606-238-XXXX           For NATO numbers longer than 10 digits         604-425-5437           DSN Operator for NATO         312-560-1110           From NCN to DSN         90-01-314-624-XXXX or 60-01-314-624-XXXX

### PERSONAL COMMUNICATION INFORMATION

The BCO provides telephone service, high-speed ADSL service and IPTV for onbase living quarters. Activation of telephone service is within one workday upon establishing a Service Agreement with BCO

ADSL and IPTV service activation is within three workdays.

The BCO Intranet page also contains a current addition of the base telephone directory and additional base communications information and may be accessed from within the base ONE-NET network at http://88.45.220.71/.

EMERGENCY NUMBERS: SECURITY, FIRI - ON-BASE:	
- OFF-BASE:	
AMERICAN RED CROSS	
ASSISTANT COMMAND DUTY OFFICER (NASSIG):	
CACO	
CACO ASST	
CARABINIERI - NAS 1	
NAS 2	
CHAPLAIN	
CHAPLAIN DUTY	
COMMAND DUTY OFFICER (NASSIG):	
COMMAND MANAGED EQUAL OPPORTUNITY (CMEC	
DAPA	624-5287
EMERGENCY OPERATIONS CENTER (EOC):	624-5256/2620/6022
FAMILY HOUSING ECONOMY EMERGENCY ON CALL	
FAMILY HOUSING ECONOMY EMERGENCY ON CALL	
NMCRS:	
NMCRS – AFTER-HOURS EMERGENCIES CALL EDO PE	RSONNEL 335-740-6007
OMBUDSMAN (NASSIG)	1382/624-1259/335-580-1269
PUBLIC AFFAIRS OFFICER	624-6986/335-831-4474
PUBLIC WORKS AFTER HOURS EMERGENCY SERVICES	5 624-5354/335-769-4280
SAPR HOTLINE	335-642-8312
- DOD SAFE HELPLINE	
SECURITY MANAGER	624-5768
EMERGENCY OPERATIONS CENT	
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EMERGENCY SPECIAL SERVICE NUMBER	- COMMANDER
QUARTERDECKS OR DUTY OFFICES	- OPERATIONS
AIMD QUARTERDECK	- SUPERINTENDENT
AIMD AFTER HOURS	DEFENSE ENERGY SUPPORT CENTER – EUROPE/AFRICA (DESC-EA-SI) 624-5790
- CDO	DETMO BUS TRANSPORTATION OFFICE SIGONELLA SCHOOLS 624-3244
- ACDO	DISA COORDINATOR
COMMUNICATIONS WATCH OFFICER (CWO – NAVCOMTELSTA 624-5553	DLA DISTRIBUTION SIGONELLA
DEFENSE COURIER STATION AFTER HOURS DUTY COURIER	- ADMIN
DEFENSE DISTRIBUTION DEPOT (DDSI) After Hours	- CUSTOMER SERVICE
EXECUTIVE TRANSPORT DETACHMENT (ETD)	- INFORMATION SYSTEMS SUPPORT
OPERATIONS DUTY OFFICER	- INVENTORY DIRECTOR
NAVSUP FLCSI LOGISTICS SUPPORT CENTER DUTY PHONE335-735-4963	- SECURITY AND SAFETY MANAGER
HOSPITAL DUTY/QUARTERDECK	- TRAFFIC AND TRASPORTATION MANAGER
NAVY MUNITIONS COMMAND DET SIGONELLA QUARTERDECK 624-2119/5822	- WAREHOUSE CUSTOMER SUPPORT
OPERATIONS DUTY OFFICER	DRMO EMERGENCY
SAFETY AFTER HOURS	DRIVIO EIVIERGENCI
SECURITY – NAS 1 GATE	
- MARINAI GATE	
- NAS 2 GATE	
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VICEILISON 24111 Butly Number 111111111111111111111111111111111111	EMERGENCY MANAGEMENT
	ESO NMC DET
	• EXECUTIVE TRANSPORT DET
	- ADMIN OFFICE
ADMIN (NASSIG) MAIN LINE	- ADMIN OFFICER
ADMIN (NASSIG) DUTY YEOMAN:	- FLIGHT KITCHEN
ADMIN CHIEF (OPERATIONS)	- M-7 SUPERVISOR
ADMIN OFF/MEDEX DIVISION/SCHEDULES OFFICER/CTRL OPERATIONS .624-6352	- M-7 COMBS OFFICE
AMERICAN FORCES NETWORK (AFN)	- MAINT ADMIN/NATOPS LCPO/NATOPS/TRAINING/SUPPLY ETD 624-5322
AMC – AIRCRAFT MAINTENANCE624-5389	- OFFICER IN CHARGE
AMC – TERMINAL SIGONELLA	- OPERATIONS
- MILDENHALL	- OPERATIONS DUTY OFFICER
- NAPLES626-5283	- OPERATIONS OFFICER
- RAMSTEIN	- QUALITY ASSURANCE OFFICER
- ROTA727-3000	_
ANGIE'S LEISURE TRAVEL	
AIR TRAFFIC CONTROL (ATC)	
- ATC ADMIN OPERATIONS	EAV. ADAMNUSTRATION. MANAGONATELISTA
- ATC BASE OPERATIONS	FAX - ADMINISTRATION –NAVCOMTELSTA
- ATC FAX OPERATIONS	FAX - AVIATION MED HOSPITAL
- ATC LEADING CHIEF PETTY OFFICER	FAX - BASE COMMUNICATIONS OFFICE
- ATCFO Operations	FAX - CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPPD) 624-4188
	FAX - CMD SUITE HOSPITAL
	FAX - CNE DET MAST EUROPE
	FAX - COMMAND EVALUATION AND REVIEW
BASE EDUCATION AND TRAINING	
DO IL LIAA ALIAN ANIA IDAHNING	FAX - DEFENSE COURIER STATION 6/4-6351
- ADMIN624-0521/0508/4696	FAX - DEFENSE DISTRIBUTION DEPOT
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- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-534         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       .624-5765         FAX - FIRE STATION NAS 1       .624-3706         FAX - FLIGHT LINE CLINIC (HOSPITAL)       .624-6304         FAX - FOOD SERVICE DIVISION       .624-2564
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-5310         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       .624-5765         FAX - FIRE STATION NAS 1       .624-3706         FAX - FLIEHT AND FAMILY SUPPORT CENTER       .624-304         FAX - FLIGHT LINE CLINIC (HOSPITAL)       .624-6304         FAX - FOOD SERVICE DIVISION       .624-2564         FAX - FUEL DIVISION - SUPPLY       .624-6362
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-5310         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       624-3706         FAX - FIRE STATION NAS 1       624-3706         FAX - FLEET AND FAMILY SUPPORT CENTER       624-3706         FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-6304         FAX - FOOD SERVICE DIVISION       624-2564         FAX - FUEL DIVISION - SUPPLY       624-6362         FAX - HOSPITAL QUARTERDECK       624-4597
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-5310         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       624-3706         FAX - FIRE STATION NAS 1       624-3706         FAX - FLEET AND FAMILY SUPPORT CENTER       624-4294         FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-6304         FAX - FOOD SERVICE DIVISION       624-2564         FAX - FUEL DIVISION - SUPPLY       624-6362         FAX - HOSPITAL QUARTERDECK       624-4597         FAX - HOSPITAL FISCAL       624-3898
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-5310         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       624-3706         FAX - FIRE STATION NAS 1       624-3706         FAX - FLEET AND FAMILY SUPPORT CENTER       624-4304         FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-6304         FAX - FOOD SERVICE DIVISION       624-2564         FAX - FUEL DIVISION - SUPPLY       624-6362         FAX - HOSPITAL QUARTERDECK       624-4599         FAX - HOSPITAL FISCAL       624-3898         FAX - HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT)       624-4694
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-5310         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION - FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       624-5765         FAX - FIRE STATION NAS 1       624-3706         FAX - FLEET AND FAMILY SUPPORT CENTER       624-4294         FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-6304         FAX - FOOD SERVICE DIVISION       624-2564         FAX - FUEL DIVISION - SUPPLY       624-6362         FAX - HOSPITAL QUARTERDECK       624-4599         FAX - HOSPITAL FISCAL       624-4599         FAX - HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT)       624-4694         FAX - HOSPITAL (MEDICAL SERVICES UNIT)       624-4771
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-5310         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       624-5765         FAX - FIRE STATION NAS 1       624-3706         FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-6304         FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-6304         FAX - FOOD SERVICE DIVISION       624-2564         FAX - HOSPITAL QUARTERDECK       624-362         FAX - HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT)       624-4694         FAX - HOSPITAL (MEDICAL SERVICES UNIT)       624-4771         FAX - HOS STAFFING/CLASSIFICATION)       624-4771
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-531         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       .624-5765         FAX - FIRE STATION NAS 1       .624-3706         FAX - FLIGHT LINE CLINIC (HOSPITAL)       .624-304         FAX - FOOD SERVICE DIVISION       .624-6362         FAX - FUEL DIVISION - SUPPLY       .624-6362         FAX - HOSPITAL QUARTERDECK       .624-3898         FAX - HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT)       .624-4771         FAX - HOSPITAL (MEDICAL SERVICES UNIT)       .624-4771         FAX - HRO (STAFFING/CLASSIFICATION)       .624-4166         FAX - HRO (US/LN EMPLOYEE/LABOR RELATIONS       .624-4186
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT       624-9454         FAX - DEFENSE ENERGY SUPPORT CENTER - EUROPE (DESC-EU-SI)       624-5750         FAX - DEFENSE REUTILIZATION OFFICE (DRMO)       624-2641         FAX - EDIS HOSPITAL       624-4533         FAX - EXECUTIVE TRANSPORT DET (ETD) OPS       624-2597         FAX - EXECUTIVE TRANSPORT DET (ETD) M7       624-5310         FAX - FACILITIES HOSPITAL       624-4584         FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       624-3706         FAX - FIRE STATION NAS 1       624-3706         FAX - FILIGHT LINE CLINIC (HOSPITAL)       624-3604         FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-364         FAX - FUEL DIVISION - SUPPLY       624-6362         FAX - HOSPITAL QUARTERDECK       624-3898         FAX - HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT)       624-4694         FAX - HOSPITAL (MEDICAL SERVICES UNIT)       624-4166         FAX - HRO (US/LN EMPLOYEE/LABOR RELATIONS       624-4166         FAX - LOCAL NETWORK SECURITY CENTER       624-9215
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT
- ADMIN	FAX - FEAD       (FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC)       .624-2378         FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION       .624-5765         FAX - FIRE STATION NAS 1       .624-3706         FAX - FLEET AND FAMILY SUPPORT CENTER       .624-3294         FAX - FLIGHT LINE CLINIC (HOSPITAL)       .624-6364         FAX - FOOD SERVICE DIVISION       .624-6364         FAX - FUEL DIVISION - SUPPLY       .624-6362         FAX - HOSPITAL QUARTERDECK       .624-3898         FAX - HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT)       .624-4894         FAX - HOSPITAL (MEDICAL SERVICES UNIT)       .624-4771         FAX - HOS (STAFFING/CLASSIFICATION)       .624-4166         FAX - HRO (US/IN EMPLOYEE/LABOR RELATIONS       .624-4166         FAX - LOCAL NETWORK SECURITY CENTER       .624-9215         FAX - NAS SIG ADMINISTRATIVE SERVICE OFFICE       .624-2330         FAX - NAVAL CRIMINAL INVESTIGATIVE SERVICE       .095-783-2738         FAX - NAVCOMTELSTA PLANS AND PROJECTS       .624-6962
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT
- ADMIN	FAX - DEFENSE DISTRIBUTION DEPOT

- COMMANDER
- SUPERINTENDENT
DEFENSE ENERGY SUPPORT CENTER – EUROPE/AFRICA (DESC-EA-SI) 624-5790
DETMO BUS TRANSPORTATION OFFICE SIGONELLA SCHOOLS
DLA DISTRIBUTION SIGONELLA
- ADMIN
- CUSTOMER SERVICE
- INFORMATION SYSTEMS SUPPORT
- INVENTORY DIRECTOR
- TRAFFIC AND TRASPORTATION MANAGER
- WAREHOUSE CUSTOMER SUPPORT
DRMO CHIEF OSC
DRMO EMERGENCY
_
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY
EMERGENCY MANAGEMENT
• EXECUTIVE TRANSPORT DET
- ADMIN OFFICE
- ADMIN OFFICER
- FLIGHT KITCHEN
- M-7 SUPERVISOR
- MAINT ADMIN/NATOPS LCPO/NATOPS/TRAINING/SUPPLY ETD 624-5322
- OFFICER IN CHARGE
- OPERATIONS
- OPERATIONS DUTY OFFICER
- OPERATIONS OFFICER
QOALITY/BOOKINGE OFFICER
<b>☞ F</b>
FAX - ADMINISTRATION –NAVCOMTELSTA
FAX - AVIATION MED HOSPITAL
FAX - BASE COMMUNICATIONS OFFICE
FAX - BASE COMMUNICATIONS OFFICE PRODUCTION
FAX - CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPPD) 624-4188 FAX - CMD SUITE HOSPITAL
FAX - CNE DET MAST EUROPE
FAX - COMMAND EVALUATION AND REVIEW
FAX - DEFENSE COURIER STATION
FAX - DEFENSE DISTRIBUTION DEPOT
FAX – DEFENSE REUTILIZATION OFFICE (DRMO)
FAX – EDIS HOSPITAL
FAX – EXECUTIVE TRANSPORT DET (ETD) OPS
FAX – EXECUTIVE TRANSPORT DET (ETD) M7
FAX - FACILITIES HOSPITAL
(FACILITIES ENGINEERING ACQUISITION DIVISION – FORMER ROICC) .624-2378
FAX - FIRE & EMERGENCY SERVICES ADMINISTRATION
FAX - FIRE STATION NAS 1
FAX - FLEET AND FAMILY SUPPORT CENTER
FAX - FLIGHT LINE CLINIC (HOSPITAL)       624-6304         FAX - FOOD SERVICE DIVISION       624-2564
FAX - FUEL DIVISION - SUPPLY
FAX - HOSPITAL QUARTERDECK
FAX - HOSPITAL FISCAL
FAX - HOSPITAL (MANAGEMENT INFORMATION SISTEMS DEPARTMENT) . 624-4694
FAX - HOSPITAL (MEDICAL SERVICES UNIT)
FAX - HRO (US/LN EMPLOYEE/LABOR RELATIONS
FAX - LOCAL NETWORK SECURITY CENTER
FAX - NAS SIG ADMINISTRATIVE SERVICE OFFICE
FAX - NAVAL CRIMINAL INVESTIGATIVE SERVICE
FAX - NAVCOMTELSTA PLANS AND PROJECTS
FAX - NAVCOMTELSTA NAVY RADIO TRANSMITTER FACILITY NISCEMI 624-1061 FAX - NAVCOMTELSTA SUPPLY
FAX - NAVCOMTELSTA SUPPLY
FAX - NAVY COLLEGE OFFICE



FAX - NMCRS
FAX - Operations
FAX - PW ADMIN
FAX - PW ENGINEERING
FAX – PW ENVIRONMENTAL
FAX - PW FACILITIES SUPPORT CONTRACTS (FSC)
FAX – PW REAL ESTATE OFFICE
FAX – PW SUPPLY
FAX – PW TRANSPORTATION OFFICE
FAX - RED CROSS
FAX – SAFETY DEPARTMENT
FAX – SECURITY DEPARTMENT
FAX – SIGONELLA ELEMENTARY SCHOOL
FAX – SIGONELLA MIDDLE/HIGH SCHOOL
FAV – VP-PATRON
FAX - VR MAINT/OPS
FINANCIAL ANALYST
• FIRE DEPARTMENT – NASSIG
- ADMIN
- ASST FIRE CHIEF
- BATTALION CHIEF – NAS 1 FIRE STATION
- CAPTAIN – NAS 1 FIRE STATION
- CHIEF FIRE INSPECTOR
- FIRE CHIEF
- FIRE INSPECTOR (GS)
- FIRE INSPECTORS (LN)
- ITALIAN DAYROOM
- LEADING CHIEF PETTY OFFICER
- LEADING PETTY OFFICER
- MILITARY DAYROOM
- STATION CHIEF
- TRAINING OFFICER
- YEOMAN
FLEET AND FAMILY SUPPORT CENTER (FFSC)
TELLI AND TAMILI SOFFONT CLINTER (113c)
GALLEY (RISTORANTE BELLA ETNA) NAS 2
GROUND ELECTRONICS
• GROUND ELECTRONICS - GEMD OFFICE
GROUND ELECTRONICS
• GROUND ELECTRONICS - GEMD OFFICE
• GROUND ELECTRONICS - GEMD OFFICE
• GROUND ELECTRONICS         - GEMD OFFICE       624-5704         - GEMD DUTY TECH       335-642-8247         - GEMD ESS       624-6904
• GROUND ELECTRONICS         - GEMD OFFICE       624-5704         - GEMD DUTY TECH       335-642-8247         - GEMD ESS       624-6904
• GROUND ELECTRONICS         - GEMD OFFICE       624-5704         - GEMD DUTY TECH       335-642-8247         - GEMD ESS       624-6904
• GROUND ELECTRONICS         - GEMD OFFICE       624-5704         - GEMD DUTY TECH       335-642-8247         - GEMD ESS       624-6904
• GROUND ELECTRONICS  - GEMD OFFICE
• GROUND ELECTRONICS         - GEMD OFFICE       624-5704         - GEMD DUTY TECH       335-642-8247         - GEMD ESS       624-6904         - NAVAIDS       624-5758         HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761         - DUTY PHONE - 335-578-8512       -624-6761         - LEADING PETTY OFFICER - 624-6761       • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         - ACCOUNTING 624-4798       - ACCUTE CARE CLINIC 624-4798         - ACUTE CARE CLINIC 624-2273       - APPOINTMENT DESK NAS 1 HOSPITAL 624-CARE (2273)         - APPOINTMENT DESK FLIGHT LINE CLINIC 624-5455       - AVIATION MED APPTS (PHYSICAL SCREENINGS) 624-6291         - DENTAL CLINIC NAS 1 624-4205       - DENTAL CLINIC NAS 2 624-5447         - DISASTER PREPAREDNESS 624-4026
• GROUND ELECTRONICS  - GEMD OFFICE
• GROUND ELECTRONICS         - GEMD OFFICE       624-5704         - GEMD DUTY TECH       335-642-8247         - GEMD ESS       624-6904         - NAVAIDS       624-5758         HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI -         - DUTY PHONE -       335-578-8512         - LEADING PETTY OFFICER -       624-6761         • HOSPITAL (NAVAL HOSPITAL SIGONELLA)       624-6761         - ACCOUNTING       624-4798         - ACUTE CARE CLINIC       624-2273         - APPOINTMENT DESK NAS 1 HOSPITAL       624-CARE (2273)         - APPOINTMENT DESK FLIGHT LINE CLINIC       624-5455         - AVIATION MED APPTS (PHYSICAL SCREENINGS)       624-6291         - DENTAL CLINIC NAS 1       624-4205         - DENTAL CLINIC NAS 2       624-5447         - DISASTER PREPAREDNESS       624-4026         - EDIS       624-4366         - EMERGENCY ROOM       624-3844
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         624-6761           - LEADING PETTY OFFICER - 624-6761         624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         624-4798           - ACCOUNTING 624-4798         624-4798           - ACUTE CARE CLINIC 624-2273         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL 624-CARE (2273)         624-2273           - APPOINTMENT DESK FLIGHT LINE CLINIC 624-5455         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS) 624-6291         - DENTAL CLINIC NAS 1 624-4205           - DENTAL CLINIC NAS 2 624-4205         - DENTAL CLINIC NAS 2 624-4205           - DENTAL CLINIC NAS 2 624-4026         - EDIS 624-4336           - EMERGENCY ROOM 624-4834         - EMERGENCY ROOM 624-3844           - FLEET LIAISON 624-4086
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           LEADING PETTY OFFICER - 3335-578-8512           - LEADING PETTY OFFICER - 624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-4205           - DENTAL CLINIC NAS 2         624-4205           - EDIS         624-4026           - EDIS         624-4026           - EDIS         624-4026           - EDIS         624-4384           - FLEET LIAISON         624-4086           - HEALTH PROMOTIONS         624-4710 </td
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           - LEADING PETTY OFFICER - 3335-578-8512           - LEADING PETTY OFFICER - 624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-4205           - DENTAL CLINIC NAS 2         624-4205           - DENTAL CLINIC NAS 2         624-44026           - EDIS         624-4205           - EDIS         624-4364           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4086           - HEALTH PROMOTIONS         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC         624-6932
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         - LEADING PETTY OFFICER - 624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         624-4798           - ACCOUNTING 624-4798         - ACCOUNTING 624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL 624-CARE (2273)         - APPOINTMENT DESK FLIGHT LINE CLINIC 624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS) 624-6291         - DENTAL CLINIC NAS 1 624-4205           - DENTAL CLINIC NAS 2 624-5447         - DISASTER PREPAREDNESS 624-4026           - EDIS 624-4536         - EMERGENCY ROOM 624-4336           - EMERGENCY ROOM 624-4384         - FLEET LIAISON 624-4086           - HEALTH PROMOTIONS 624-6932         - IMMUNIZATIONS FLIGHT LINE CLINIC 624-6932           - INDUSTRIAL HYGIENE DIV. FLIGHT LINE CLINIC 624-6225/6229
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         -624-6761           - LEADING PETTY OFFICER - 624-6761         -624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         - 624-6761           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5255           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-4205           - DENTAL CLINIC NAS 2         624-5447           - DISASTER PREPAREDNESS         624-4026           - EDIS         624-4536           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4708           - HEALTH PROMOTIONS         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC         624-6296           - INFORMATION DE
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         -624-6761           - LEADING PETTY OFFICER - 624-6761         -624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         - 624-6761           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-4205           - DENTAL CLINIC NAS 2         624-5447           - DISASTER PREPAREDNESS         624-4926           - EDIS         624-4536           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4986           - HEALTH PROMOTIONS         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC         624-6296           - INFORMATION DE
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           LEADING PETTY OFFICER - 3335-578-8512           - LEADING PETTY OFFICER - 624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-4205           - DENTAL CLINIC NAS 2         624-4205           - DENTAL CLINIC NAS 2         624-547           - DISASTER PREPAREDNESS         624-4026           - EDIS         624-4536           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4086           - HEALTH PROMOTIONS         624-4086           - HEALTH PROMOTIONS         624-4086           - INDUSTRIAL HYGIENE DIV. FLIGHT LINE CLINIC         624-6296           - I
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         -624-6761           - LEADING PETTY OFFICER - 624-6761         -624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         - 624-6761           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-4205           - DENTAL CLINIC NAS 2         624-5447           - DISASTER PREPAREDNESS         624-4926           - EDIS         624-4536           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4986           - HEALTH PROMOTIONS         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC         624-6296           - INFORMATION DE
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-5758           LEADING PETTY OFFICER - 3335-578-8512           - LEADING PETTY OFFICER - 624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-4205           - DENTAL CLINIC NAS 2         624-4205           - DENTAL CLINIC NAS 2         624-547           - DISASTER PREPAREDNESS         624-4026           - EDIS         624-4536           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4086           - HEALTH PROMOTIONS         624-4086           - HEALTH PROMOTIONS         624-4086           - INDUSTRIAL HYGIENE DIV. FLIGHT LINE CLINIC         624-6296           - I
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - NAVAIDS         624-6761           + HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         - 624-6761           + HOSPITAL (NAVAL HOSPITAL SIGONELLA)           - ACCOUNTING         624-4798           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-6291           - DENTAL CLINIC NAS 2         624-5447           - DISASTER PREPAREDNESS         624-4205           - EDIS         624-4536           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4936           - HEALTH PROMOTIONS         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC         624-6225/6229 </td
• GROUND ELECTRONICS         624-5704           - GEMD OFFICE         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         - LEADING PETTY OFFICER - 624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         624-4798           - ACCOUNTING 624-4798         624-4798           - ACUTE CARE CLINIC 624-2273         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL 624-CARE (2273)         624-2273           - APPOINTMENT DESK FLIGHT LINE CLINIC 624-5455         624-6291           - AVIATION MED APPTS (PHYSICAL SCREENINGS) 624-6291         DENTAL CLINIC NAS 1 624-4205           - DENTAL CLINIC NAS 2 624-6291         624-5447           - DISASTER PREPAREDNESS 624-4026         624-5447           - DISASTER PREPAREDNESS 624-4026         624-436           - EMERGENCY ROOM 624-4384         624-4384           - FLEET LIAISON 624-4086         624-4026           - HEALTH PROMOTIONS 624-4086         624-4026           - IMMUNIZATIONS FLIGHT LINE CLINIC 624-6295         624-6296           - INFORMATION DESK FLIGHT LINE CLINIC 624-6296         624-6296           - LAB HOSPITAL (NAS 1) 6
• GROUND ELECTRONICS         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI           - NAVAIDS         624-6761           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI           - DUTY PHONE -         335-578-8512           - LEADING PETTY OFFICER -         624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         624-4798           - ACCOUNTING         624-4798           - ACUTE CARE CLINIC         624-4273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-527           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-6291           - DENTAL CLINIC NAS 2         624-5447           - DISASTER PREPAREDNESS         624-4026           - EDIS         624-4536           - EMERGENCY ROOM         624-4386           - HEALTH PROMOTIONS         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC         624-6296           - LAB HOSPITAL (NAS 1)         624-6296           - LAB HOSPITAL (NAS 1)         624-6296
• GROUND ELECTRONICS         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI - 624-6761           - DUTY PHONE - 335-578-8512         - LEADING PETTY OFFICER - 624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         624-4798           - ACCOUNTING 624-2273         624-6761           - APPOINTMENT DESK NAS 1 HOSPITAL 624-CARE (2273)         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL 624-CARE (2273)         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1 624-6291         624-6291           - DENTAL CLINIC NAS 1 624-6291         624-6291           - DENTAL CLINIC NAS 2 624-629         624-6291           - DENTAL CLINIC NAS 1 624-629         624-4206           - EDIS 624-4206         624-629           - EDIS 624-4702         624-4026           - EDIS 624-4026         624-4026           - EDIS 624-4710         624-4026           - EMERGENCY ROOM 624-4086         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC 624-6225/6229           - INFORMATION DESK FLIGHT LINE CLINIC 624-6225/6229           - INFORMATION DESK FLIGHT LINE CLINIC
• GROUND ELECTRONICS  - GEMD OFFICE
• GROUND ELECTRONICS         624-5704           - GEMD DUTY TECH         335-642-8247           - GEMD ESS         624-6904           - NAVAIDS         624-5758           HAZMINCENTER CUSTOMER SERVICE NAVSUP FLCSI         624-6761           - DUTY PHONE - 335-578-8512           - LEADING PETTY OFFICER - 624-6761         624-6761           • HOSPITAL (NAVAL HOSPITAL SIGONELLA)         624-4798           - ACCOUNTING         624-2273           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK NAS 1 HOSPITAL         624-CARE (2273)           - APPOINTMENT DESK FLIGHT LINE CLINIC         624-5455           - AVIATION MED APPTS (PHYSICAL SCREENINGS)         624-6291           - DENTAL CLINIC NAS 1         624-6291           - DENTAL CLINIC NAS 2         624-4420           - EDIS         624-4536           - EMERGENCY ROOM         624-3844           - FLEET LIAISON         624-4986           - HEALTH PROMOTIONS         624-4710           - IMMUNIZATIONS FLIGHT LINE CLINIC         624-6292           - INDUSTRIAL HYGIENE DIV. FLIGHT LINE CLINIC         624-6225/6229           - INFORMATION DESK FLIGHT LINE CLINIC         624-6225/6229           - INFORMATION SESS FLIGHT LINE CLINIC
• GROUND ELECTRONICS  - GEMD OFFICE

- OCCUPATIONAL HEALTH DEPT	624-5331
- OPTOMETRY	624-6300
- ORTHOPEDICS	624-4110
- OVERSEAS SCREENING	624-4086
- PATIENT CONTACT COORDINATOR	624-4831
- PATIENT CONTACT COORDINATOR FLIGHT LINE CLINIC	624-6966
- PHARMACY NAS 1	624-4685
- PHARMACY NAS 2 FLIGHT LINE CLINIC	
- PHYSICAL THERAPY	
- PREVENTIVE MEDICINE	
- RADIOLOGY NAS 1	
- RADIOLOGY NAS 2 FLIGHT LINE CLINIC	
- RECEPTION FLIGHT LINE CLINIC	
- SAFETY MANAGER	
- TRICARE CLAIMS	
- TRICARE ENROLLMENT	
- TRICARE REFERRALS	
HOUSING DEPARTMENT	. 024 4007/4033
HOUSING SERVICE CENTER (BLDG 319)	
- FRONT DESK	621-1211/2815
- UNACCOMPANIED HOUSING MANAGER	
- PERSONNEL SUPPORT MANAGER	
- FACILITIES MANAGER	
- MILITARY LIASION	
- DIRECTOR	
MARINAI OFFICE	024-4070
- MARINAI HOUSING OFFICE	22/22/24/25/20
- TROUBLE CALL DESK	
- HOUSING INSPECTORS	
- MARINAI SITE MANAGER	
NAVY GATEWAY INN & SUITES (NGIS)	624-1733
- NAS 1 FRONT DESK	624 2070
- NAS2 FRONT DESK	
- MAINTENANCE MANGER	•
- NGIS OPERATIONS MANAGER	
- NGIS MANAGER 624-6827	024-0629
FAMILY HOUSING	
- UTILITIES SECTION	624 2020/2020
- SHOWS SECTION	
- GOVERNMENT QUARTERS ASSIGNMENT 624-4311/3	
- FAX HOUSING WELCOME CENTER FAMILY HOUSING TROUBLE CALLS	
UNACCOMPANIED HOUSING	624-1/51
- SERVICE CENTER (BLDG319)	C24 4211 /2045
- NAS 1 SITE OFFICE	
- NAS 2 SITE OFFICE	•
- BUILDING 170 MANAGER	•
- BUILDING 623 MANAGER	
- BUILDING 623 RA	
EMAIL CONTACTNASSIG-HOUSINGHELPDESK@	DEU.NAVY.MIL
HUMAN RESOURCES	624 4465
- RECEPTION DESK/INFORMATION/REFERRAL	
- EQUAL EMPLOYMENT OPPORTUNITY	
- FAX	624-4166
A ovican Auto Co	and the





INFORMATION TECHNOLOGY DEPARTMENT (N6)	624-2116
INFOSEC CUSTOMER SUPPORT –NCTS	624-6146
INSTALLATION BUSINESS MANAGER	624-9021/6473
INSTALLATION TRAINING TEAM	624-2542/2550/2551



LEAR SIEGLER SERVICES, INC. C-26 OPERATIONS	. 624-5360/5947
LEGAL OFFICE (RLSO)	624-5258
LIBRARY	624-3875
LOCAL NATIONAL PAYROLL (CNRE)	624-6470

MILITARY ASSIGNMENT COORDINATOR - MANPOWER	624-0521
MOTOR VEHICLE REGISTRATION OFFICE (MVRO)	624-5275
MVRO DIRECTOR	624-5277
MVRO LEADING PETTY OFFICER	624-2633
MORALE, WELFARE AND RECREATION (MWR)	
-ADMINISTRATION OFFICE	624-3968
-AUTO SKILLS CENTER	624-5244
-CHILD DEVELOPMENT HOMES	624-3732
-CHILD DEVELOPMENT CENTER NAS 1 FRONT DESK	624-3736
-CONNECTIONS	
-FITNESS DISTRICT NAS 1 MWR	
-FLIGHT LINE FITNESS CENTER NAS 2	
-FLIGHT LINE POOL NAS 2	
-ITT GEAR 'N' GO	•
-LIBRARY	
-JOX PUB	
-SCHOOL AGE CARE (SAC)	
-SCHOOL LIAISON OFFICER	
-SPARETIME BOWLING	
-SPLASHERS POOL NAS 1	
-SPORTS COORDINATOR	
-TAKE 5 NAS 2	
-THEATER INFOLINE	
-THEATER (MIDTOWN 2 THEATERS)	
-YOUTH COMPLEX MARINAI	
-YOUTH SPORTS	624-1747/1750

NATIONAL SUICIDE PREVENTION LINE (NSPL)	19020-1-800-273-TALK (8255)
NAVSUP FLC SIGONELLA	624-5482
- ADMINISTRATIVE OFFICER	624-5002
- COMMAND SENIOR ENLISTED	335-193-8769
- CONTRACTING CLISTOMER SERVICE	624-5721/5725/5727



- DUTY PHONE	
- FLEET MAIL CENTER	
- NAVSUP FLCSI LOGISTICS SUPPORT CENTER	
NAVAL CRIMINAL INVESTIGATIVE SERVICE	
NAVY COLLEGE OFFICE	
NAVY FEDERAL CREDIT UNION TOLL FREE FROM ITALY	00-800-0-842-6328
NAVY LODGE (Reservation only)	624-4082
NAVY LODGE SWITCHBOARD	095-713-0190/3
NAVY GATEWAY INNS & SUITES	
NAS 1 NGIS FRONT DESK RESERVATIONS	624-2300/4438
- FAX NAS 1 RESERVATIONS	624-4237
NAS 2 NGIS FRONT DESK RESERVATIONS	624-2300/6832
- FAX NAS 2 Reservations	
NAVY/MARINE CORPS RELIEF SOCIETY	
NAVAL MUNITIONS COMMAND DET SIGONELLA	
- COMMAND CAREER COUNSELOR	624-5738
- LCPO	
- OFFICER IN CHARGE	
- ASSITANT OFFICER IN CHARGE	
- QUARTERDECK	
- STOCK CONTROL	
- SUPPLY	
NAVY EXCHANGE SIGONELLA	
- ACCOUNTING MANAGER	62/ /210
- AUTOPORT	
- ADMIN Office/GENERAL MANAGER	
- ADMIN OTHICE/GENERAL MANAGER	
- BARBER SHOP NAS 2	
- BEAUTY SHOP	
- BURGER KING	
- BUSINESS CENTER/LAUNDRY/DRY CLEANING	
- CELLULAR SHOP	
- CENTRAL CHECKOUT	
- COLLECTIONS NEX	
- CUSTOMER SERVICE	
- DEPOT NAS 2	
- FLOWER SHOP	
- HARD LINES/CONSUMABLE MANAGE	
- LOSS PREVENTION/SAFETY MANAGER	
- MANAGER	
- MILITARY NEW CAR SALES NAS 2	
- OPTICAL SHOP	
- PERSONNEL OFFICE	
- PHOTO SHOP	624-3274
- SERVICE OPERATIONS MANAGER	
- SEVEN DAY/MINI MART NAS 2	624-5423
- SOFT LINES MANAGER	624-4059
- TAILOR SHOP NAS 2	
- VISUAL MERCHANDISE MANAGER	
- WAREHOUSE	624-3994
NAVY/MARINE CORPS RELIEF SOCIETY	
- AFTER-HOURS EMERGENCIES CALL CDE PERSONNEL .	335-740-6007
- MAIN OFFICE	624-4212
- NEARLY NEW SHOP	624-4346
- VISITING NURSES	624-4551



### • OPERATIONS DEPARTMENT

- CAREER COUNSELOR - OPS Officer - ASST OPS OFFICER (AOPSO) Operations - SECRETARY - DUTY OFFICER - CTRL LEADING CHIEF PETTY OFFICER - CTRL LEADING PETTY OFFICER - CTRL OFFIC - ITALIAN LIAISON - LEADING CHIEF PETTY OFFICER	624-2525 624-2524 624-5511 624-5095 624-2745 624-2748 624-2768 624-5520 624-2531
- MEDEX MODEL MANAGER - NATOPS PETTY OFFICER	



PUBLIC AFFAIRS OFFICE	. 624-5440
PERSONAL PROPERTY/HOUSEHOLD GOODS CUSTOMER SERVICE	.624-9650

PERSONNEL SUPPORT DETACHMENT (PSD)         .624-5651           PIAZZA PIZZA         .624-4499           DOT OFFICE (NA) (FUD FLC)	
POST OFFICE (NAVSUP FLC) - NAS 1	
- NAS 2	
PROTOCOL (NASSIG)	
PSD – FISCAL SECTION	
• PUBLIC WORKS (PW)	
- BUDGET	- 1
- ENVIRONMENTAL	
- PLANNING OFFICE	
- PROGRAM MANAGEMENT OFFICE	
- SAFETY OFFICE	- 1
- TRANSPORTATION OFFICE DIRECTOR	
MANSI ONTATION OFFICE ASSISTANT BIRECTON	.
<b>☞</b> R	
RELIGIOUS MINISTRY DEPARTMENT	
- NAS1624-3975	
- NAS2 624-9049	
<b>☞</b> S	
	ч
<b>SUICIDE PREVENTION LINE (NSPL)</b> 19020–1-800-273-TALK (8255)	- 1
• SAFETY DEPARTMENT	- 1
SATO	
SAVI HOTLINE FFSC	
SCHOOL AGE CARE	
• SECURITY DEPARTMENT (NASSIG) - 624-5687/2252/9444	
- ARMORY	
- ASSISTANT SECURITY OFFICER	
- CADRE 624-2079	
- CID INVESTIGATION Division	
- CUSTOMS	
- DISPATCH	
- ESF OFFICE	
- ESF OFFICE	
- LIAISON OFFICER	- 1
- LIAISON OFFICER	- 1
- LIAISON OFFICER       624-6100         - LIAISON NAS 1       624-4522         - LIAISON NAS 2       624-2795	
- LIAISON OFFICER	
- LIAISON OFFICER	
- LIAISON OFFICER	
- LIAISON OFFICER       624-6100         - LIAISON NAS 1       624-4522         - LIAISON NAS 2       624-2795         - MARINAI HOUSING GATE       624-5686         - MILITARY WORKING DOGS (MWD) LPO       624-5686         - NAS 2 GATE HOUSE       624-5266         - NISCEMI SECURITY FRONT DESK       624-1043         - PASS & ID DESK       624-2200	
- LIAISON OFFICER	
- LIAISON OFFICER       624-6100         - LIAISON NAS 1       624-4522         - LIAISON NAS 2       624-2795         - MARINAI HOUSING GATE       624-1768         - MILITARY WORKING DOGS (MWD) LPO       624-586         - NAS 2 GATE HOUSE       624-5266         - NISCEMI SECURITY FRONT DESK       624-1043         - PASS & ID DESK       624-2200         - PHYSICAL SECURITY DIVISION       624-5198         - SENIOR ENLISTED ADVISOR       624-6971         - SPECIAL OPS LEADING CHIEF PETTY OFFICER       624-9005         - SPECIAL OPS OFFICER       624-5907         - TRAINING DIVISION       624-2049         - TRAINING DIVISION       624-2049         - TRUCK INSPECTION       624-4478         SECURITY MANAGER (NASSIG)       624-2072	
- LIAISON OFFICER       624-6100         - LIAISON NAS 1       624-4522         - LIAISON NAS 2       624-2795         - MARINAI HOUSING GATE       624-1768         - MILITARY WORKING DOGS (MWD) LPO       624-586         - NAS 2 GATE HOUSE       624-5266         - NISCEMI SECURITY FRONT DESK       624-1043         - PASS & ID DESK       624-2200         - PHYSICAL SECURITY DIVISION       624-5198         - SENIOR ENLISTED ADVISOR       624-6971         - SPECIAL OPS LEADING CHIEF PETTY OFFICER       624-9005         - SPECIAL OPS OFFICER       624-507         - SUPPLY LEADING PETTY OFFICER       624-509         - TRAINING DIVISION       624-2049         - TRUCK INSPECTION       624-4478         SECURITY MANAGER (NASSIG)       624-2072         SIGNATURE - PAO       624-5440	
- LIAISON OFFICER	
- LIAISON OFFICER       624-6100         - LIAISON NAS 1       624-4522         - LIAISON NAS 2       624-2795         - MARINAI HOUSING GATE       624-1768         - MILITARY WORKING DOGS (MWD) LPO       624-586         - NAS 2 GATE HOUSE       624-5266         - NISCEMI SECURITY FRONT DESK       624-1043         - PASS & ID DESK       624-2200         - PHYSICAL SECURITY DIVISION       624-5198         - SENIOR ENLISTED ADVISOR       624-6971         - SPECIAL OPS LEADING CHIEF PETTY OFFICER       624-9005         - SPECIAL OPS OFFICER       624-507         - SUPPLY LEADING PETTY OFFICER       624-509         - TRAINING DIVISION       624-2049         - TRUCK INSPECTION       624-4478         SECURITY MANAGER (NASSIG)       624-2072         SIGNATURE - PAO       624-5440	
- LIAISON OFFICER	
- LIAISON OFFICER       624-6100         - LIAISON NAS 1       624-4522         - LIAISON NAS 2       624-2795         - MARINAI HOUSING GATE       624-1768         - MILITARY WORKING DOGS (MWD) LPO       624-5866         - NAS 2 GATE HOUSE       624-5266         - NISCEMI SECURITY FRONT DESK       624-1043         - PASS & ID DESK       624-2200         - PHYSICAL SECURITY DIVISION       624-5198         - SENIOR ENLISTED ADVISOR       624-6971         - SPECIAL OPS LEADING CHIEF PETTY OFFICER       624-6127         - SUPPLY LEADING PETTY OFFICER       624-5907         - TRAINING DIVISION       624-5204         - TRUCK INSPECTION       624-2049         - TRUCK INSPECTION       624-2072         SIGNATURE - PAO       624-5440         • SIGONELLA ELEMENTARY       624-3409         - NURSE       624-3909         - PRINCIPAL       624-3001         - REGISTRAR       624-406         • SIGONELLA MIDDLE/HIGH SCHOOL       624-4281/4282	
- LIAISON OFFICER 624-6100 - LIAISON NAS 1 624-4522 - LIAISON NAS 2 624-2795 - MARINAI HOUSING GATE 624-1768 - MILITARY WORKING DOGS (MWD) LPO 624-5666 - NAS 2 GATE HOUSE 624-1043 - PASS & ID DESK 624-1043 - PASS & ID DESK 624-1043 - PASS & ID DESK 624-2200 - PHYSICAL SECURITY DIVISION 624-5198 - SENIOR ENLISTED ADVISOR 624-6971 - SPECIAL OPS LEADING CHIEF PETTY OFFICER 624-9005 - SPECIAL OPS OFFICER 624-5207 - TRAINING DIVISION 624-25907 - TRAINING DIVISION 624-2049 - TRUCK INSPECTION 624-2049 - TRUCK INSPECTION 624-2049 - TRUCK INSPECTION 624-2049 - TRUCK INSPECTION 624-2072 SIGNATURE - PAO 624-5140 - SIGONELLA ELEMENTARY 624-4406 - NURSE 624-3999 - PRINCIPAL 624-3901 - REGISTRAR 624-4406 - SIGONELLA MIDDLE/HIGH SCHOOL 624-281/4282 - PRINCIPAL 624-4281	
- LIAISON OFFICER 624-6100 - LIAISON NAS 1 624-4522 - LIAISON NAS 2 624-2795 - MARINAI HOUSING GATE 624-1768 - MILITARY WORKING DOGS (MWD) LPO 624-5866 - NAS 2 GATE HOUSE 624-5266 - NISCEMI SECURITY FRONT DESK 624-1043 - PASS & ID DESK 624-1043 - PASS & ID DESK 624-2200 - PHYSICAL SECURITY DIVISION 624-5198 - SENIOR ENLISTED ADVISOR 624-6971 - SPECIAL OPS LEADING CHIEF PETTY OFFICER 624-9005 - SPECIAL OPS OFFICER 624-6127 - SUPPLY LEADING PETTY OFFICER 624-5907 - TRAINING DIVISION 624-2590 - TRUCK INSPECTION 624-4049 - TRUCK INSPECTION 624-478 SECURITY MANAGER (NASSIG) 624-2072 SIGNATURE - PAO 624-4406 - NURSE 624-3999 - PRINCIPAL 624-3999 - PRINCIPAL 624-3990 - PRINCIPAL 624-3001 - REGISTRAR 624-4406 - SIGONELLA MIDDLE/HIGH SCHOOL 624-4281 - PRINCIPAL 624-381	
- LIAISON OFFICER 624-6100 - LIAISON NAS 1 624-4522 - LIAISON NAS 2 624-2795 - MARINAI HOUSING GATE 624-1768 - MILITARY WORKING DOGS (MWD) LPO 624-5666 - NAS 2 GATE HOUSE 624-1043 - PASS & ID DESK 624-1043 - PASS & ID DESK 624-1043 - PASS & ID DESK 624-2200 - PHYSICAL SECURITY DIVISION 624-5198 - SENIOR ENLISTED ADVISOR 624-6971 - SPECIAL OPS LEADING CHIEF PETTY OFFICER 624-9005 - SPECIAL OPS OFFICER 624-5207 - TRAINING DIVISION 624-25907 - TRAINING DIVISION 624-2049 - TRUCK INSPECTION 624-2049 - TRUCK INSPECTION 624-2049 - TRUCK INSPECTION 624-2049 - TRUCK INSPECTION 624-2072 SIGNATURE - PAO 624-5140 - SIGONELLA ELEMENTARY 624-4406 - NURSE 624-3999 - PRINCIPAL 624-3901 - REGISTRAR 624-4406 - SIGONELLA MIDDLE/HIGH SCHOOL 624-281/4282 - PRINCIPAL 624-4281	
- LIAISON OFFICER	

- HOLIDAY
- BILLETING
UNIVERSITY OF MARYLAND
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VET SERVICES         624-4258           VR LIAISON         624-6073           VR LIAISON STAFF         624-6074           VR OPERATIONS         624-6401
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WEBMASTER INFORMATION TECHNOLOGY DEPARTMENT [NASSIG] 624-6628
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# Conversion Tables

LENGT	1	
Centimeter (cm)	cm/in.	inches(in)
2,54	1	0,394
5,08	2	0,787
7,62	3	1,181
10,16	4	1,575
12,70	5	1,969
15,24	6	2,362
17,78	7	2,756
20,32	8	3,150
22,86	9	3,543
25,40	10	3,937
50,80	20	7,874
76,20	30	11,811
101,60	40	15,748
127,00	50	19,685
152,40	60	23,622
177,80	70	27,559
203,20	80	31,496
228,60	90	35,433
254,00	100	39,370

LENGTH		
Kilometers (cm)	km/in.	miles
1,609	1	0,621
3,219	2	1,243
4,828	3	1,864
6,437	4	2,485
8,047	5	3,107
9,656	6	3,728
11,265	7	4,350
12,875	8	4,971
14,484	9	5,592
16,093	10	6,214
32,187	20	12,427
48,280	30	18,641
64,374	40	24,855
80,467	50	31,069
96,561	60	37,282
112,654	70	43,496
128,748	80	49,710
144,481	90	55,923
160,934	100	62,137

AREA		
Hectares (ha)	ha/acres	acres
0,405	1	2,471
0,809	2	4,942
1,214	3	7,413
1,619	4	9,884
2,023	5	12,355
2,428	6	14,826
2,833	7	17,297
3,237	8	19,769
3,642	9	22,240
4,047	10	24,711
8,094	20	49,421
12,140	30	74,132
16.187	40	98,842
20,234	50	123,553
24,281	60	148,263
28,328	70	172,974
32,375	80	197,684
36,422	90	222,395
40,469	100	247,105

WEIGHT		
Kilogram (Kg)	Kg/Lb	Pounds (Lb)
0,454	1	2,205
0,907	2	4,409
1,361	3	6,614
1,814	4	8,819
2,268	5	11,023
2,722	6	13,228
3,175	7	15,432
3,629	8	17,637
4,082	9	19,842
4,536	10	22,046
9,072	20	44,092
13,608	30	66,139
18,144	40	88,185
22,680	50	110,231
27,216	60	132,277
31,752	70	154,324
36,287	80	176,370
40,823	90	198,416
45,359	100	220,462

WEIGHT			
Tonnes (t)	t/US short tons	US short tons	
0,907	1	1,102	
1,814	2	2,205	
2,722	3	3,307	
3,629	4	4,409	
4,536	5	5,512	
5,443	6	6,614	
6,350	7	7,716	
7,257	8	8,818	
8,165	9	9,921	
9,072	10	11,023	
18,144	20	22,046	
27,216	30	33,069	
36,287	40	44,092	
45,359	50	55,116	
54,431	60	66,139	
65,503	70	77,162	
72,575	80	88,185	
81,647	90	99,208	
90,719	100	110,231	

Liters (I)	I/US gal L	JS gallons (gal)
3.785	1	0,264
7,571	2	0,528
11,356	3	0,793
15,142	4	1,057
18,927	5	1,321
22,712	6	1,585
26,498	7	1,849
30,283	8	2,113
34,069	9	2,378
37,854	10	2,642
75,708	20	5,284
113,562	30	7,925
151,416	40	10,657
189,271	50	13,209
227,125	60	15,851
264,979	70	18,493
302,833	80	21,134
340,687	90	23,776
378,541	100	26,418



# **GAS STATION**

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# Military Savings

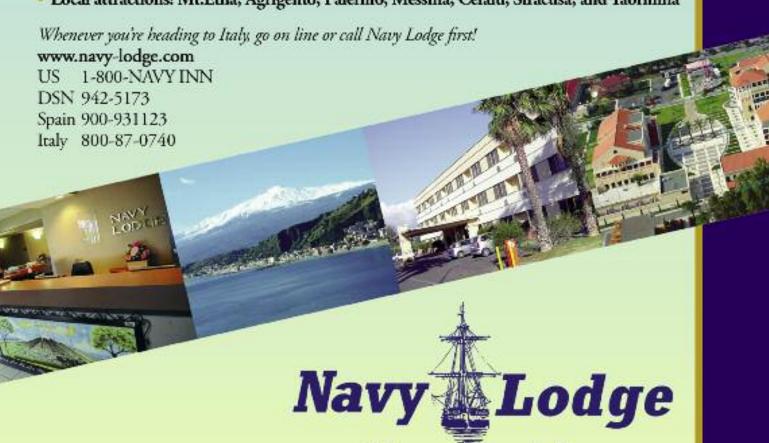
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